

GRAZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS

I Buon APPETITO

AN ITALIAN COMFORT FOOD FEAST



COOKING UP
AMARANTH AT
ODD DUCK

PAGE 14

WITH CREAM ON TOP:
CRYSTAL BALL FARMS

PAGE 8

PLU 3010
FALL 2012 • 99¢
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A WORD FROM
THE EDITOR.



DEAR READERS,

BRUSSELS SPROUTS, GINGER BREAD, STEW AND BANGERS – I GUESS YOU CAN TELL A LITTLE BIT ABOUT A PERSON FROM THEIR COMFORT FOODS.

Brussels sprouts were a feature at every Christmas and Thanksgiving dinner in my childhood. The end of fall and winter's start also meant the appearance in my mother's kitchen of gingerbread, kissed by butter, a soft, sweet cheese or, best yet, warm custard. The stew was a winter staple, prepared as much to help heat the house as to warm and nourish us. And bangers – mild, finely-textured pork sausages – made any breakfast an occasion.

Comfort foods. There is just something about this time of year that sees us turning toward those nostalgic meals, as though it's our soul as much as anything that benefits from the warmth they promise.

These are the days when light fades fast and the cold lays siege to the landscape. Inside, we light candles, string sparkling lights and kindle fires. And, in our kitchens, we turn to tradition, seeking, yes, comfort, from the foods we prepare and the meals we plan, lovingly.

Comfort foods loom large in this Graze, from the lasagna and bones-of-the-dead cookies in our featured Italian American dinner party, to the roasted root vegetables and slow cooker stuffing in our side dish sampler, to applesauce and pumpkin bread pudding, and much more. We've modified a few, some to make them more healthful and some to tweak the taste a bit, but some, well, you don't mess with perfection – and you sure shouldn't turn down comfort.

Which is my wish to you this season – good comfort to you and yours.

MALCOLM McDOWELL WOODS
editor

graze@outpost.coop



WHAT IS GRAZE ?

AUTHENTICALLY LOCAL

We're local and proud – happy to live in a city that values its unique identity. We'll celebrate the real flavors of our community and the surrounding area in every issue.

FRESH

It's simple – we believe that the tastiest flavors are tied to what's in season. Natural and honest food is our favorite food.

SMART

Sure we know our stuff, but we're right along side you on this food journey. We'll share what we know in a positive, expert way without a know-it-all attitude.

FUN

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

GRAZE WILL BE
PUBLISHED QUARTERLY,
WITH NEW ISSUES
EACH SEASON.

WHO IS GRAZE ?



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 PAUL SLOTH.

I've been eating for 39 years. It's good to think about food, not only what we're eating, but about those who aren't eating. While some people today search the world over for the perfect truffle, others continue to go to bed hungry. That's crazy, but that's what's so awesome about food. It's a complex issue, one that is worth all the attention it gets.

i am CARRIE ROWE.

My Grandmother had a glorious garden. I'd spend hours eating sunshine-warm raspberries and often just sitting, listening to the buzz and hum of all the critters hard at work making all of this magic possible. To me food is magic. And sharing it with people who make me smile is about the nicest thing a girl could ask for.



i am CARRIE ROWE.

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

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



- GRAZE.

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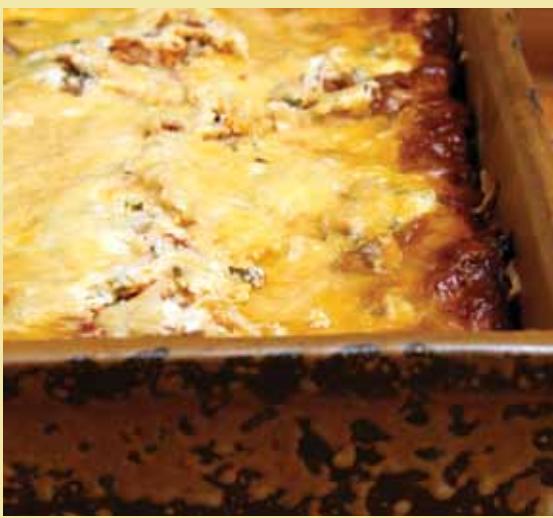
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WWW.OUTPOST.COOP/GRAZE

JOIN US FOR A NIGHT AT THE VILLA TERRACE!

AUTHOR NIGHT: PAUL SALSINI

VILLA TERRACE DECORATIVE ARTS MUSEUM

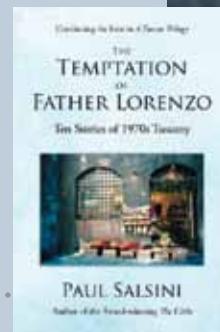
WEDNESDAY, DECEMBER 5, 2012

7:00 - 8:30 PM

Our guest for this issue's feature story, local novelist Paul Salsini, will be speaking at an upcoming event at the Villa Terrace Decorative Arts Museum about the process of writing fiction. Salsini worked for 37 years at The Milwaukee Journal and now teaches writing courses at Marquette University. He is the author of three novels, "The Cielo," "Sparrow's Revenge" and "Dino's Story"; a collection of short stories, "The Temptation of Father Lorenzo," and a children's book, "Stefano and the Christmas Miracles." All are set in the area of Tuscany where his father and his mother's parents were born. He and his wife Barbara have three children and four grandchildren and live on the East Side with their cat Bella.

\$8/MUSEUM MEMBER; \$12/NON-MEMBERS

TO RSVP: CALL ANN AT 414 278 8295 OR
EMAIL RSVP@CAVTMUSEUM.ORG



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WWW.OUTPOST.COOP



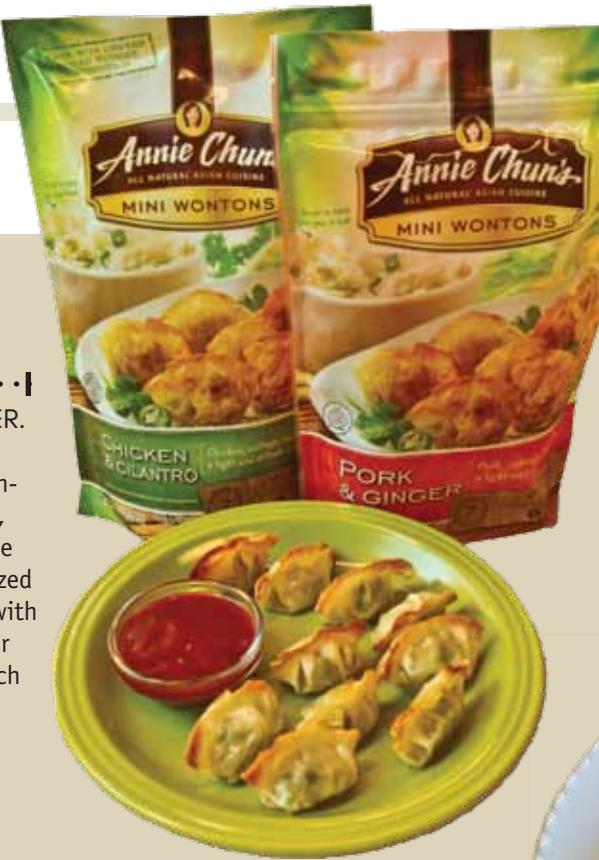
OUTPOST
NATURAL FOODS

(you'll) SWOON.

1 ANNIE CHUN'S MINI WONTONS

YOUR HOLIDAY PARTY JUST GOT EASIER. YOU CAN THANK US LATER.

We adore dumplings and we adore convenience so when we saw these wontons we tore into the bag and fired up the wok. A few short minutes later, intoxicating scents filled the room and we shouted, 'Allez cuisine!' because surely a tiny, magical chef was at work, whipping up these savory, bite-sized morsels. Then we started planning an entire Asian-themed holiday party with pork ginger wontons as the star... or maybe the garlic chicken? Pair either with your favorite dipping sauces, add a chilled, white wine and spear each savory bite with a frilled toothpick for an instant holiday bash!



2 GITTO FAMILY ORGANIC TORTILLAS

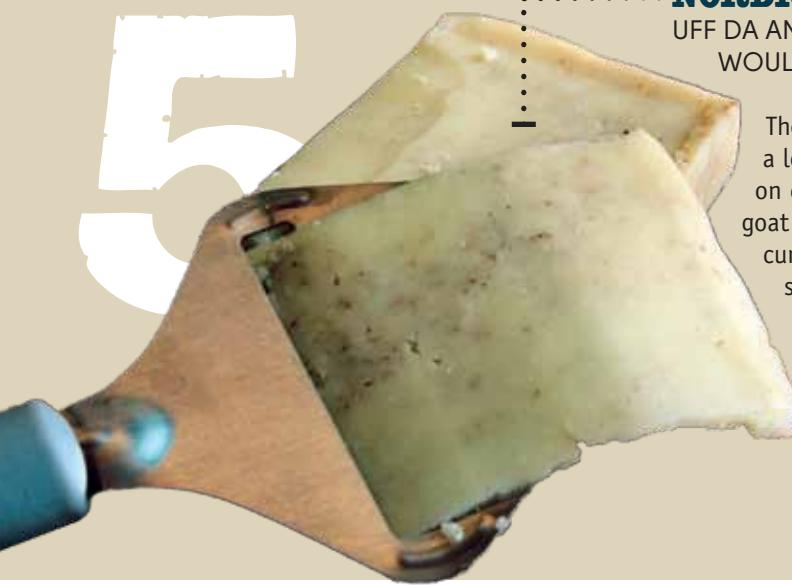
ADMIT IT, NO MATTER HOW HARD YOU TRY, YOUR HOMEMADE TORTILLAS WILL NEVER BE THIS GOOD!

Sitting quietly in our bread cooler, sporting the world's most unobtrusive package, lurks the tortilla of your dreams. Gitto family tortillas are the kind you remember from your childhood IF you grew up in a small Mexican village where your grandmother lovingly made tortillas fresh every day. They're wafer thin and super fresh tasting. And they're strong, so they'll stand up to any filling. We enjoy them in all the traditional ways but think they make really awesome wraps for holiday dips and spreads.

3 NORDIC CREAMERY FEDDOST

UFF DA AND YOU BETCHA', GRANDPA OLAF WOULD LOVE THIS CHEESE

The long, dark days of winter give Norwegians a lot of time to come up with clever variations on cheese. Cheesemaker Al Bekkum infuses fresh goat and cow's milk cheese curds with clove and cumin early in the process because starting the seasoning early makes for a seductively blended flavor. A little cellar-aging takes it up a notch. Sweet and savory, soft and smooth, the earthiness of the cumin blends seamlessly with the sweet clove, making for a cheese that would fit in with the fanciest appetizer tray or most rustic of fare.



BOLZANO'S PAMPLONA RUNNER

NO BULL – THIS IS THE TASTIEST SPANISH-STYLE CHORIZO AROUND!

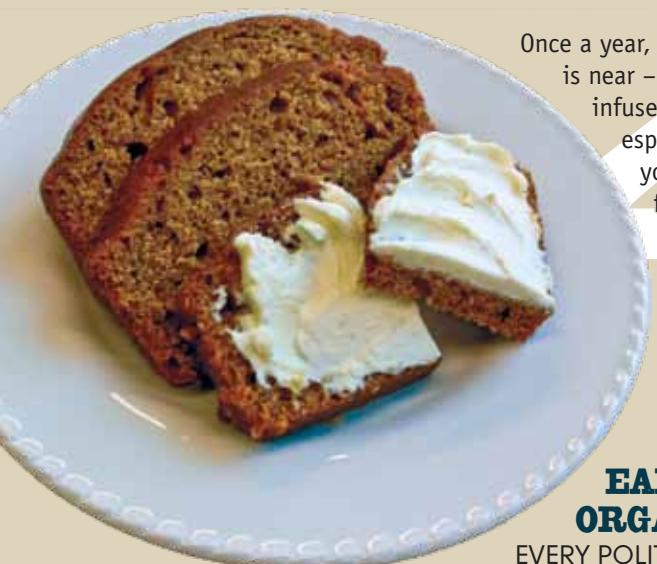
It's no secret we're in love with the flavor of smoky-sweet paprika, so this hand-made artisan sausage thrills like a secret tryst. The richly marbled Berkshire pork delicately supports the robust spices for a truly unique sausage that shines when paired with rich, pungent cheese, red wine and a crusty baguette. You'll impress your guests when you liven up the usual holiday cheese board with this locally hand-crafted beauty. Now excuse us as we stand at the fridge and finish the rest while no one is looking.



OUTPOST'S PUMPKIN BREAD

THIS IS THE REAL GREAT PUMPKIN

Once a year, we start to see a dark orange glow from our bakery and we know the time is near – pumpkin bread season! Each buttery loaf of this moist, spicy bread is infused with allspice, nutmeg, clove and cinnamon. And yeah, it's better than pie, especially if you top it with maple-infused whipped cream cheese. Snuggle into your favorite sweater, pour a cup of hot tea and dig into one of our favorite fall treats. Do it now, because spring is just around the corner and this great pumpkin will be gone by then.



EARTHBOUND FARM ORGANIC BABY KALE

EVERY POLITICIAN SHOULD KISS THIS BABY

The votes are in and the winner of our favorite fall green is baby kale. Sure, we love our lettuce and get chummy with chard, but we find ourselves, over and over again, bussing this baby instead. It's adorable – all babies are – but it's also tender, sweet and bit like baby arugula without the bite. It's easy to toss into a salad, top a sandwich with or add to your favorite stir fry or omelet. For a fun holiday appetizer top a toasted baguette slice with a baby kale, add a nutty Swiss cheese slice, a sprinkling of freshly ground pepper and broil until lightly browned.



CRISPIN HARD CIDER - THE SAINT

THIS IS WHAT FALL WOULD TASTE LIKE IF WILLY WONKA CREATED IT!

We admit to finding most hard ciders eminently drinkable but not very mind-blowing. Then we tried this beauty. Belgian Trappist yeasts add a wonderful floral bouquet and haziness to this elixir, while organic maple syrup wraps it all in a pretty fall festival of flavor. It's sweet, a little tangy, fruity, complex and crisp. We love it after raking leaves, served along side a hearty fall meal, or enjoyed while tailgating at a football game. Heck, we'd even drink it with dessert and serve it up at brunch!



HAVIN' A BALL.

FRESH AIR, FULL DAYS
AND ACRES OF CLOVER
HELP FILL EACH BOTTLE



story & photos by PAUL SLOTH



THE SUN HASN'T BEEN UP LONG, BUT ALREADY TROY DEROSIER IS SWEATING, HARD AT WORK AT THE TOP OF ONE OF THE SILOS ON HIS FARM IN OSCEOLA.

If it isn't a silo that needs attention, it's a crop that needs monitoring. If it isn't the crop, it's a herd of dairy cows that need tending. Such is the quintessential life of a farmer, especially a small-scale dairy farmer who does everything from growing the crops to bottling the milk.

Troy and his family run Crystal Ball Farms, an organic, Grade-A dairy in the St. Croix River Valley, a lush corner of northwestern Wisconsin near the Minnesota border.

It's not an easy life, but it's the only life Troy's ever known, save for a short stint in a factory on his father's recommendation — he wanted Troy to be sure that he really wanted to farm.

"Absolutely, this is what I wanted. I enjoy having the control of it. Whether you do well or you fail, it's all based on decisions that you made. And sometimes they're expensive decisions, but that's the best way to learn," Troy says.

As he walks through an alfalfa pasture where his cows are grazing, it's easy for an onlooker to see that Troy is comfortable with the life he's chosen for himself and his family, his wife Barb and their children.

"I enjoy being outside. I enjoy being with the animals. I work better with cows than people, I guess," Troy says with a chuckle. "I'm OK with people ... getting better, but cows don't talk back to me and they usually do what I ask them to."

Like a lot of farmers, Troy's days start early. He's up at 5 a.m. daily, milking the cows, and he's always within easy reach if anything should need his attention.





Troy rents 600 acres. He has a herd of 100 cows and milks 75. That's enough to produce the milk and other dairy products that he produces and sells at his on-site creamery and store. Troy also sells milk in stores in Wisconsin and Minnesota. In addition to milk, Troy produces cheese, butter, cheese curds and ice cream.

Troy is one of nearly a dozen Wisconsin farmers since 2000 to build an on-farm creamery to produce fresh dairy products, according to the Dairy Business Innovation Center in Delavan.

The number of consumers who want to know where their food comes from continues to grow – good news for farmers like Troy. As Troy sees it, he could tell where the trend was headed back before he built the creamery in 2003, which was the main reason he chose the name Crystal Ball Farms. But instead of simply focusing on organic, Troy decided to package his milk using glass bottles, rather than plastic or cardboard.

"Everything tastes better in glass. You don't get the taste of the container, you get the actual taste of the product. That's what people want," Troy says. "We reuse the bottle. It looks good sitting on the shelf. Consumers are able to see that."

In many ways, Crystal Ball Farms is pretty much like other dairies. But there's a visible difference in the milk that you can see by looking at the glass bottles. It's what milk used to look like — with a thick line of cream that forms at the top.

Thanks to homogenization, you won't find that line of cream in most store-bought milk. The process, first introduced in this country in the early 20th century, prevents separation by distributing the cream (the fat) evenly throughout the milk. You can basically recreate the process by carefully shaking your bottle of milk.

Another important difference between milk from Crystal Ball Farms and other dairies is the way it's pasteurized. Troy uses "vat pasteurization," which is a low-temperature process that is considered the gentlest form of pasteurization (the milk is heated to 145° for 30 minutes before it is cooled and bottled).

"Our milk is different from the other milk that's out there in that, first of all, it is certified organic, but the primary difference is the way it's processed," Troy says.

DAIRY 101

PASTEURIZATION — A process named after scientist Louis Pasteur that uses the application of heat to destroy human pathogens in foods.

VAT PASTEURIZATION — The original method of pasteurization was vat pasteurization, which heats milk or other liquid ingredients in a large tank for at least 30 minutes.

HIGH TEMPERATURE SHORT TIME (HTST) PASTEURIZATION — The most common method of pasteurization in the United States today, which uses metal plates and hot water to raise milk temperatures to at least 161° for not less than 15 seconds, followed by rapid cooling.

HOMOGENIZATION — A process used to reduce the size of fat globules in milk and keep cream from separating. It also extends milk's shelf life.

CRYSTAL BALL FARMS
527 STATE ROAD 35
OSCEOLA, WI 54020

(our) TABLE OF APPLES.

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

Ab ARKANSAS BLACK



FLAVOR . JUICY, FINE-GRAINED, YELLOW, AROMATIC FLESH THAT'S BOTH SWEET & TART.
USE . BEST FOR BAKING OR CIDER.

Br BRAEBURN



FLAVOR . SWEET-TART TASTE & EXTREMELY JUICY TEXTURE.
USE . BEST FOR HIGH ACIDITY ALSO MAKES IT A CHOICE BAKING APPLE.

Ep ENTERPRISE



FLAVOR . FIRM, CRISP FLESH, COMPLEX COMBINATION OF TART & SWEET FLAVORS.
USE . BEST FOR BAKING & COOKING.

Fu FUJI



FLAVOR . FRESH, CRISP FLESH & A CRUNCHY, FLORAL SWEETNESS, WITH CITRUS & HONEY NOTES.
USE . BEST ENJOYED FRESH & RAW.

R ED, GREEN, GOLD, PINK, DAPPLED, STREAKED AND EVEN SOLID CRIMSON, THE APPLE OF OUR EYE IS THE OLDEST CULTIVATED FRUIT TREE IN THE WORLD. WE'VE BEEN GROWING APPLES FOR THOUSANDS OF YEARS, ENOUGH TIME TO DEVELOP SOME 7,500 VARIETIES.

You won't get an argument out of us that the best apple is whichever one you happen to pick fresh from a tree, warmed by the sun and running with sugary sweet juice, but the locally grown apples we see fresh in our stores every fall tie for a close second.

That's why we do our best to bring you as many local apples as we can. Snacking, baking and even juicing – whatever you have in mind, there's an apple for that.

Gs GRANNY SMITH



FLAVOR . CRISP IN TEXTURE WITH A TART, ACIDIC, YET SUBTLY SWEET FLAVOR.
USE . BEST FOR BAKING; HOLDS ITS SHAPE.

Hc HONEY CRISP



FLAVOR . EXCEPTIONALLY CRISP & AROMATIC; PERFECT BALANCE OF SUGAR & ACID.
USE . BEST FOR EATING RAW OR PIE.

Ga GALA



FLAVOR . JUICY CRUNCH & SWEET TANGY FLAVOR, GENERALLY ONE OF THE SWEETEST.
USE . BEST FOR DESSERTS & BAKING

Gd GOLDEN DELICIOUS



FLAVOR . MILD SWEET FLAVOR, FINE TEXTURE.
USE . BEST FOR SAUCE.

La LADY ALICE



FLAVOR . CRISPY & JUICY; BRIGHT, SWEET APPLE FLAVOR, RICH IN HONEY WITH A HINT OF TARTNESS.
USE . BEST ALL-PURPOSE APPLE.

Pl PINK LADY



FLAVOR . EXCEPTIONALLY SWEET TO TART TASTE; FIRM & JUICY FLESH.
USE . BEST FOR EATING RAW & BAKING.



APPLE SHOPPING TIPS

- BUY IN SEASON — APPLES PICKED AT PEAK HARVEST HAVE THE MOST SIGNIFICANT NUTRIENT CONTENT
- BUY LOCALLY WHEN POSSIBLE — NOT ONLY DOES SHOPPING LOCALLY PRESERVE FAMILY FARMS, THESE APPLES HAVE A FARM FRESH FLAVOR
- KEEP APPLES COOL — APPLES CONTINUE TO RIPEN AFTER HARVEST. CHILLING SLOWS THIS PROCESS. ONE OR TWO DAYS SITTING ON A COUNTERTOP AND THE FRESH CRUNCH OF YOUR APPLES IS LOST FOREVER
- BE ADVENTUROUS — TRY A NEW VARIETY TODAY
- BAKING A PIE? ABOUT 2½ POUNDS WILL DO — THAT'S 5 LARGE, 7 TO 8 MEDIUM OR 9 TO 10 SMALL APPLES

(2) RECIPES.

CURRIED APPLE CHUTNEY

MAKES ABOUT 3 CUPS

The flavors mellow and combine better if you let this zesty, fruit-forward relish rest in the fridge for a day or two. We love it over grilled pork chops or atop baked tofu. We'd probably even eat it on ice cream! Try replacing the raisins with dried, sweetened cranberries for a unique twist on your usual holiday cranberry sauce.

5 medium apples, diced
1 cup raisins
1 cup apple cider vinegar
¾ cup packed brown sugar
1 small onion, diced
1 small red bell pepper, diced
1 tablespoon fresh ginger, minced
2 garlic cloves, minced
½ teaspoon ground allspice
½ teaspoon whole coriander
1½ teaspoons whole mustard seed
1½ teaspoons yellow curry powder
1 teaspoon salt
½–1 teaspoon of red chili flakes — to taste

Add all ingredients to a large saucepan. Simmer with the lid off for 45–60 minutes, until thickened and apples are soft. Store in tightly-sealed jar in refrigerator.

Per serving (2 tablespoons): 59 calories, trace fat, 15g carbohydrates, trace protein, 92mg sodium, 1g fiber

BASIC APPLESAUCE

MAKES 5 CUPS

Using a variety of apples imparts a deeper, more tantalizing flavor to this most simple of sauces.

10 medium apples (any kind except Red Delicious)
1 tablespoon water, apple juice or lemon juice
Sugar to taste if desired
1 teaspoon cinnamon (optional)

1. Peel, core and cut apples into chunks. In a large pot over medium-high heat add apples, water and sugar if desired. Cook until apples are very soft. At this time, cinnamon can be added.
2. Remove from heat and mash with a potato masher or put into a food processor or blender until desired consistency.

Per serving: 81 calories, 0g fat, 21g carbohydrates, 0g protein, 0g sodium, 4g fiber

FALL. *(two ways)*

AUTUMN GOLD

WE ADMIT IT: FOR YEARS OUR CONNECTION TO THE PUMPKIN WAS LIMITED TO AN ANNUAL OCTOBER AFTERNOON SCHLEPPING TO THE STORE IN SEARCH OF THE PERFECT ONE TO BRING HOME AND CARVE INTO A JACK O'LANTERN. THE FIBROUS, MUCILAGINOUS INNARDS? STRAIGHT TO THE GARBAGE, UNLESS WE FELT UP TO THE WORK OF SEPARATING OUT SEEDS FOR ROASTING.

We owe an apology. *Mea culpa*, punkin'. We know now that you can eat just about everything pumpkin – the seeds, leaves, flowers and, most definitely, the flesh. Oh, the flesh! What would Thanksgiving be without delicate pumpkin pie as a delicious denouement? But don't limit your pumpkin partaking to pie alone – from sweet to savory, dishes featuring the great pumpkin can be found worldwide. Here are two.

PUMPKIN, CHICKPEA & RED LENTIL STEW

SERVES 6

1 pound pie pumpkin, peeled, seeded and cut into 1-inch cubes
1 15-ounce can chickpeas, rinsed and drained
3 medium carrots, sliced $\frac{1}{2}$ inch thick
1 cup chopped onion
1 cup red lentils, rinsed and drained
2 tablespoons tomato paste
1 tablespoon grated fresh ginger
1 tablespoon lime juice
1 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon ground turmeric
1/2 teaspoon ground black pepper
4 cups chicken or vegetable broth
1/4 cup roasted pumpkin seeds
2 tablespoons chopped fresh cilantro
Plain nonfat yogurt (optional)

1ST
way.

1. In a 4 quart slow cooker, combine pumpkin, chickpeas, carrots, onion, lentils, tomato paste, ginger, lime juice, cumin, salt, turmeric and pepper. Pour broth over everything.
2. Cover and cook on low setting for 8 to 10 hours or on high setting for 4 to 5 hours. Top each serving with pumpkin seeds, cilantro and, if desired, yogurt.





2nd way.

PUMPKIN BREAD PUDDING

SERVES 12

Butter
1¼ cup heavy whipping cream
1 cup 2% milk
6 cups day old bread, cut or torn into pieces – anything from French to Challah to croissants works here
1¼ cups shelled, roasted chestnuts*, crumbled, or one 8- to 10-ounce can chestnuts, drained and crumbled
3 eggs
1 egg yolk
1 cup granulated sugar

1 cup packed brown sugar
1 pound roasted pumpkin*, mashed (2 cups) or one 15-ounce can pumpkin
1¼ cups dried cranberries or currants
3 tablespoons butter, melted
½ teaspoon ground cardamom
½ teaspoon ground ginger
One vanilla bean, scraped, or 2 teaspoons vanilla extract
Toffee Sauce, recipe to follow
Fresh thyme, optional

1. Preheat oven to 350°. Butter a 3-quart casserole, set aside. In a large bowl, combine whipping cream and milk. Add bread pieces and chestnuts and gently press until they are covered by the milk mixture. Let stand while preparing custard.
2. For custard, combine eggs, egg yolk, sugars, pumpkin, cranberries, melted butter, spices and vanilla in the top insert of a large double boiler (or in a large heatproof bowl set over a saucepan of simmering water). Place double boiler over medium heat and stir constantly until mixture is warm and sugars have dissolved.
3. Fold custard into bread mixture and pour everything into your prepared casserole. Bake uncovered 50 minutes or until set.
4. Serve warm with Toffee Sauce and sprigs of thyme. Store any remaining bread pudding in refrigerator up to two days.

Toffee Sauce:

½ cup dark brown sugar
4 tablespoons unsalted butter, cut into pieces
¼ cup heavy whipping cream
¼ teaspoon pure vanilla extract

1. Place the butter, sugar and cream in a saucepan and bring to a boil. Boil for about 3 minutes then remove from heat and stir in the vanilla extract. You can make this sauce in advance and simply reheat.

* Roasting Chestnuts: Cut an X on flat side of each chestnut and place in baking pan. Roast at 400° for 15 minutes, tossing occasionally. Peel chestnuts while still warm.

* Roasting Pumpkin: Wash, halve lengthwise and remove seeds. Place halves cut side down in baking dish. Bake at 350° for 45 to 55 minutes or until tender. Let cool and scrape flesh from shell with a spoon.

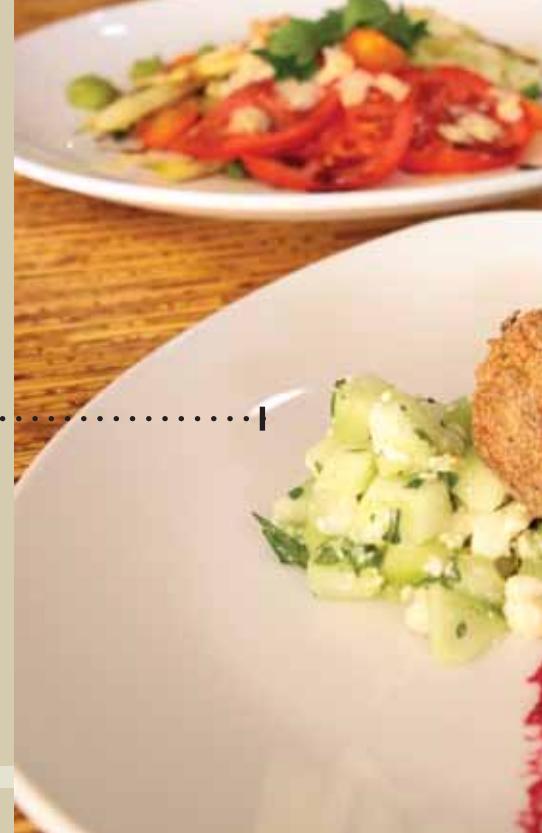
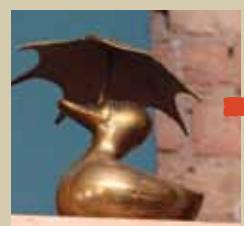


ONE COOK –
ONE INGREDIENT

OUTPOST PUTS ODD DUCK
CHEF ROSS BACHHUBER TO
THE TEST WITH AMARANTH

COOK THIS!

by MALCOLM McDOWELL WOODS
photos by CARA BERKEN





AMARANTH IS AN UNUSUAL GRAIN. NOT MANY PEOPLE ARE TOO FAMILIAR WITH THIS ANCIENT PLANT, A MAIN-STAY OF THE AZTEC DIET RESURRECTED AND FOUND IN NATURAL FOOD CO-OPS IN THE 1960S AND '70S. IT'S NOT EVEN A REAL GRAIN, COMING AS IT DOES FROM A BROADLEAF PLANT (REAL GRAINS COME FROM GRASSES). BUT THIS PSEUDOGRAIN IS PROTEIN-RICH AND GLUTEN-FREE, A HEALTHY ADDITION TO MODERN DIETS. YOU MIGHT EVEN CALL IT AN ODD DUCK.

Which is also the name of the Bay View restaurant we found ourselves at in mid-August, watching intently as Chef Ross Bachhuber deftly employed amaranth flour in a couple of unique and tasty dishes. While he chopped, mixed and cooked, we chatted with Ross and with Odd Duck manager Melissa Buchholz. The couple co-own the restaurant.

WHAT SHOULD PEOPLE KNOW ABOUT ODD DUCK?

Melissa: Two things. One is that we make every dish with the idea you're going to share it with another person. And second, we're super collaborative here. That helps us offer a changeable menu. We print a new menu each day. It's fluid. That way, we can use the freshest and most local ingredients.

Ross: Our staff is very collaborative and I think our customers buy into that and also become collaborative.

HOW WOULD YOU WANT FOLKS TO DESCRIBE ODD DUCK?

Melissa: We'd like people to be excited about it and to come back. We can't be trusted to have the same things on the menu twice, but what we have we'll prepare with love and passion.

NAME THREE INGREDIENTS YOU CAN'T LIVE WITHOUT.

Ross: Eggs, butter and cheese. Ha, all things that are bad for you. And garlic, it's impossible to cook without garlic.

WHAT IS YOUR FAVORITE SECRET INGREDIENT?

Ross: Fenugreek seeds. When you toast them it adds a complex, umami-like flavor. It just adds a little extra depth to soups and stews.



HOW DID THE TWO OF YOU END UP AT ODD DUCK?

Melissa: We both worked in the food industry here a long time. We both worked at Lowlands Group and really wanted our own place. Bay View is where we live and it's where we wanted to have a restaurant. We opened April 15 of this year!

WHERE DOES THE NAME ODD DUCK COME FROM?

Melissa: It was my little sister's nickname.

Ross: And I for some reason wanted to have the word duck in the name. I love duck. (*Interesting biographical fact: Ross grew up in Mayville, on the southern edge of Horicon Marsh, surrounded by ducks.*)

WHAT IS YOUR LEAST FAVORITE FOOD?

Ross: You know, if it's prepared correctly, I like pretty much everything.

Melissa: It's true, he does like everything. All the weird, salted fish stuff, the odd parts of animals...

DO YOU HAVE A PHILOSOPHY ABOUT COOKING?

Ross: Keep it fresh. Keep it fun. And simple. The ingredients are there to be tasted – not disguised.

Melissa: It's like a dinner party at our house every day.



ODD DUCK
2352 S. KINNICKINNICK AVE.,
BAY VIEW
414.763.5881
WWW.ODDDUCKRESTAURANT.COM

AMARANTH FALAFEL with CUCUMBER FETA SALAD & BEET TAHINI and POTTED CHEESECAKE.

by CHEF ROSS BACHHUBER, ODD DUCK



AMARANTH FALAFEL

(gluten-free)

MAKES ABOUT 20 FALAFEL

2 cups soaked chickpeas (soak overnight)
2 tablespoons extra virgin olive oil
1 tablespoon lemon juice
1 tablespoon cilantro, finely chopped
1 tablespoon parsley, finely chopped
1 tablespoon mint, finely chopped
2 tablespoons garlic, minced
2 teaspoons toasted cumin seeds, ground
2 teaspoons toasted coriander seed, ground
2 teaspoons fresh ground black pepper
1 tablespoon kosher salt
2 teaspoons baking powder
 $\frac{1}{4}$ cup amaranth flour
1 teaspoon red chili flakes

1. Rinse and dry soaked chickpeas and pulse in a food processor with all ingredients until well combined. Form into equal size balls.
2. Deep fry at 350° for about 3 minutes or until golden brown.
3. Drain on paper towels and serve with roasted beet tahini and cucumber feta salad.

BEET TAHINI

2 roasted red beets, peeled
 $\frac{1}{2}$ cup tahini
1 teaspoon kosher salt
1 teaspoon fresh black pepper
1 tablespoon lemon juice
1 tablespoon extra virgin olive oil

1. Purée all ingredients in a blender until smooth.

CUCUMBER FETA SALAD

2 cucumbers, seeded and cubed
 $\frac{1}{4}$ cup feta cheese, crumbled
1 tablespoon extra virgin olive oil
2 tablespoons plain Greek yogurt
1 teaspoon fresh ground black pepper
1 teaspoon kosher salt
2 tablespoons mint, finely chopped

1. Toss all ingredients together in bowl.

POTTED CHEESECAKE with AMARANTH GRAHAM CRUST & MACERATED SUMMER BERRIES

Amaranth Graham Crust

1 cup amaranth flour
 $\frac{1}{4}$ cup brown sugar, packed
2 tablespoons corn starch
4 tablespoons butter, unsalted
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{1}{4}$ teaspoon baking powder
Pinch of salt
 $\frac{1}{2}$ teaspoon vanilla extract
Cold water

1. Pulse ingredients in food processor until flakey. Add cold water and pulse until dough comes together. Refrigerate for 30 minutes.
2. Roll out to desired thickness.
3. Bake at 350° for about 12-15 minutes until golden brown. Let cool and crumble.

No Bake Cheesecake Filling

8 ounces cream cheese, softened
1 cup sour cream
1 cup whipped cream
1 cup confectioners sugar
1 tablespoon vanilla bean paste
1 tablespoon lemon juice

1. Beat cream cheese on low in a mixer until smooth, add all other ingredients until well incorporated and smooth.

Macerated Berries

1 pound fresh berries (a mixture of strawberry, blackberry and blueberry work great)
 $1\frac{1}{2}$ ounces brandy
 $\frac{1}{2}$ cup sugar

1. Coat berries with sugar and brandy. Let sit for one hour.

To Assemble Cheesecakes

1. Pack crumbled amaranth graham in bottom of 6-ounce mason jars.
2. Cover with cheesecake mixture and refrigerate for at least one hour.
3. Place a scoop of the macerated berries on top. Serve and enjoy.

Find the recipe for Chef Ross's Farmers Market Salad online at www.outpost.coop/graze

AMARANTH WAS A BRAND NEW INGREDIENT FOR ME. IT WAS FUN TO EXPERIMENT WITH – A GREAT GLUTEN-FREE ALTERNATIVE.





CRACKIN' GOOD

story & photos by PAUL SLOTH

WHEN JALAPEÑOS STARTED SHOWING UP AT THE FARMERS MARKET BACK IN JULY, IT GOT NANCY POTTER THINKING.

The Madison crackermaker had begun playing around with cornmeal, which created a cracker with a really nice texture, and she couldn't pass up the opportunity to use a locally grown product, in this case jalapeños. This is how new crackers get made at Potter's Crackers.

When she started her cracker company six years ago, Nancy figured she'd be making traditional flavors — garlic, sesame and the like. It was her son and business partner, Pete, who started throwing out ideas like sweet potato as an ingredient.

"He was the one that unlocked all our creativity. Now the ideas come from everybody: customers, employees, my son, we all come up with new ideas and we're experimenting constantly," Nancy said.

Nancy had never made crackers before starting Potter's Crackers back in 2006. For years, she'd owned and operated the New Glarus Bakery, a full-service bakery in New Glarus, where she made pies, cakes and cookies, not crackers.

When the itch came to get back into the food business, Nancy started thinking about cheese. No, she wasn't interested in joining Wisconsin's famed cheesemakers, but she had taken notice of their growing ranks.

"The cheese in Wisconsin is getting better every year. We have fantastic cheesemakers in this state and they're just perfecting their craft more and more," Nancy said. "I really thought we needed a local, high-quality cracker to go along with those cheeses."

As Nancy surveyed the food landscape, she saw an opening for a locally-produced cracker. So, she just started baking them, experimenting with them and trying them out on friends and family, until she came up with the basic recipe.

Now, Potter's Crackers has a menu of 12 year-round flavors — like caraway rye, traditional white and caramelized onion — and 2 to 3 seasonal flavors, like carrot graham and basil walnut pesto.

Nancy does her best to get as much as she can from around the state, including milk from Sassy Cow Creamery in Columbus, Organic Valley butter from La Farge and flour milled at Great River Organic Milling in Fountain City. She also gets produce like carrots, onions and apples locally. She could make things easier on herself and just buy everything through a large distributor, but that's not what she set out to do. She made a commitment to local.

"Sourcing local vendors and working with them really does take more effort. If it works it's a far greater reward as well. It's really fun to know where those products in your crackers came from," Nancy said.

In addition to using local ingredients, Nancy was committed to doing things organically. Her college roommate's father died from lung disease that Nancy thinks was linked to the use of agricultural chemicals. Nancy thought that no farmer should have to take risks like that to grow food. She started out using organic ingredients and eventually had her business certified organic.

It's not just the commitment to using local and organic ingredients that sets Potter's Crackers apart from other crackers. Nancy believes it's the unique flavors and the freshness. She tells people that it's the freshness that counts. The advantage of having locally-produced crackers is the fact that you can buy them just days after they're made.

"You taste those ingredients, you really get the grain flavors, the butter flavor, the milk, you really get those flavors when it's fresh."





IT'S THURSDAY MORNING AND THE AROMA INSIDE ANODYNE COFFEE ROASTING CO. IS A MIXTURE OF THINGS. THE CHANGES ARE SUBTLE AS THE BEANS GO THROUGH THE ROASTING PROCESS, BUT IT'S A DELIGHTFUL ASSAULT ON YOUR SENSES AS YOU TRY TO PICK OUT WHAT EXACTLY IT IS YOU SMELL... A LITTLE BIT OF CARAMEL, SOME NUTS, A HINT OF CHOCOLATE, MAYBE A LITTLE POPCORN.

In the back office, there's a table set up with small bowls – all filled with different coffee varietals. This coffee isn't for drinking; it's for tasting. A coffee "cupping," similar to a wine tasting, gives someone like Andy Helmkamp, Anodyne's head coffee roaster, a better understanding of the aromas and flavor profiles of coffees from different growing regions, helping determine the optimal roast.

Andy demonstrates the technique by slurping a spoonful of cooled coffee. "It's kind of a cool sensory thing," Andy says.

Owner Matt McClutchy has been roasting coffee since 1999, when he purchased Brewed Awakenings on Brady Street from friends. Matt purchased a small coffee roaster, set it up in the back room and started roasting for the café. The business grew from there.

Matt eventually moved into Anodyne's current location at the corner of Kinnickinnic Avenue and Trowbridge Street, just down the road from Outpost's Bay View store.

Matt and his crew do daily "cuppings" to assure the quality of the nearly 20 coffee varietals



WWW.OUTPOST.COOP/GRAZE



It's in the ROAST

AT ANODYNE, COFFEE IS A SEASONAL CROP

story & photos by PAUL SLOTH



that they roast, according to Steve Kessler, who manages Anodyne's wholesale operations.

"Coffee is a crop. We're seasonally-based roasters. We buy coffee that is in season," Steve says. "Our palate is just as important as any other skill set."

It takes a while to develop that palate, but once it's developed, Matt, Andy and Steve know just what they're looking for.

While Anodyne roasts only Arabica beans, the beans come from the major coffee growing regions — South America, Africa and Southeast Asia. "What I'm looking for in an African coffee... is something fruity with a creamy body and hints of floral," Steve says. "When I'm looking for something from Brazil, I'm looking for nutty, creamy and smooth."

In many ways, Anodyne is a pretty traditional café. But Anodyne's heart is the large roaster in the back of the store, where the focus is on roasting the highest quality coffee beans they can find.

With the growth in business, Anodyne now roasts coffee twice a day, five days a week.

"We are only interested in roasting the very best of the best coffees from around the world and to compliment that we are obsessed with freshness," Matt says. "The best thing to do is buy it fresh and use it quickly." One taste and you'll have no problem following that advice.



ANODYNE COFFEE
ROASTING CO.

2920 S. KINNICKINNICK AVE.
MILWAUKEE, WI 53207
WWW.ANODYNECOFFEE.COM

I OUTPOST'S *(secret recipe)*

CRANBERRY CORNMEAL COOKIES

MAKES 12 LARGE COOKIES

WE THOUGHT THAT AUTUMN WAS THE PERFECT SEASON TO SHARE OUR RECIPE FOR THESE SIMPLE, BUT LUSH COOKIES. THE TANGY-SWEET CRANBERRIES ARE A PERFECT CHEWY COUNTERPART TO THE SOFT, SWEET CORNMEAL COOKIE. WE SELL THEM EVERYDAY, BUT THEY'D MAKE A LOVELY ADDITION TO ANY HOLIDAY COOKIE PLATTER!

1¼ cups butter
1¼ cups sugar
2 eggs
2½ tablespoons evaporated milk
1 tablespoon vanilla
1½ cups all purpose flour
¾ cup cornmeal
1 tablespoon baking powder
½ teaspoon salt
¾ cup dried cranberries

1. Spray large baking sheet with cooking oil spray. In a large bowl, cream butter and sugar until fluffy with electric mixer or food processor.
2. Add eggs, one at a time. Slowly add evaporated milk and vanilla while mixer is running.
3. Add flour, cornmeal, baking powder and salt and mix until just combined.
4. Add cranberries and mix until just incorporated. Drop by heaping tablespoons onto baking sheet. Bake at 350° for 12 to 15 minutes until lightly browned.



(our) MENU

ANTIPASTO:

SPINACH & CANNELLINI BEAN DIP
TUNA TAPENADE
ASSORTED CROSTINI
OLIVES & PEPPERS

IL PRIMO:

ITALIAN VEGETABLE SOUP

IL SECONDO:

SICILIAN COUNTRY LASAGNA

ENSALADA:

ARUGULA SALAD WITH ROASTED CARROTS & PARMESAN

IL DOLCE:

ASSORTED COOKIES -
OSSI DEI MORTI & GIUGIULENI
NUTS, DRIED FRUITS & FRESH GRAPES
ESPRESSO



an Italian Dinner to REMEMBER

by LISA MALMAROWSKI • photos by PAUL SLOTH

DEEP IN THE ITALIAN COUNTRYSIDE, SMALL VILLAGES OFTEN CELEBRATE OGNI SANTI (ALL SAINT'S DAY) AND IL GIORNO DEI MORTI (ALL SOUL'S DAY) ON NOVEMBER 1 AND 2. YOU WON'T FIND COSTUMES OR SCARY DECORATIONS, RATHER, YOU'LL SEE FAMILIES VISITING CEMETERIES WITH CANDLES AND FLOWERS, GOING TO MASS AND ENJOYING THE MEMORIES OF THOSE WHO HAVE PASSED ON. FAMILIES THEN WRAP UP THE CELEBRATION WITH TRADITIONAL FEASTS THAT FEATURE FAVORITE FOODS OF THE DECEASED AND AN EMPTY PLACE OR TWO AT THE TABLE TO REMEMBER THE SWEETNESS OF LIFE.



SPINACH & CANNELLINI BEAN DIP

SERVES 12

This is simple and impressive!

2 tablespoons extra-virgin olive oil, divided
 2 cloves garlic, minced
 12 ounces baby spinach
 1 15-ounce can cannellini beans, drained and rinsed
 1 tablespoon fresh lemon juice
 1 tablespoon balsamic vinegar
 1 teaspoon kosher salt
 1/4 teaspoon freshly ground black pepper
 4 tablespoons oil-packed sundried tomatoes, chopped

1. In a large skillet, heat 1 tablespoon of the oil, over medium heat. Add garlic and sauté about 1 minute. Add 1/2 of the spinach and cook for 2 minutes, until wilted.
2. Repeat with the remaining spinach. Let the mixture cool for a few minutes.
3. Place the remaining olive oil, spinach mixture, cannellini beans, lemon juice, balsamic vinegar, salt and pepper in the bowl of a food processor.
4. Blend until the mixture is smooth. Transfer to a bowl and fold in chopped sundried tomatoes.

TUNA TAPENADE

SERVES 12

Many regions of Italy feature seafood. This is our nod to that rich tradition, wrapped in an irresistible dip.

1 6-ounce jar oil-packed tuna with oil
 1 6-ounce can water-packed tuna, drained well
 2 teaspoons anchovy paste
 1 teaspoon fresh thyme leaves
 2 tablespoons minced fresh parsley, plus extra for garnish
 1 tablespoon grated lemon zest
 2 cloves garlic, minced
 3 tablespoons freshly squeezed lemon juice
 3 tablespoons good olive oil
 1/3 cup mascarpone cheese
 1/4 cup pitted and chopped kalamata olives
 1 tablespoon drained capers
 Salt to taste — if needed
 Freshly ground black pepper to taste

1. Flake tuna and add the fish into the bowl of a food processor fitted with a steel blade. Add the anchovy paste, thyme, parsley, lemon zest and garlic. Pulse a few times.
2. Add the lemon juice, olive oil and mascarpone and process until almost smooth.
3. Add the olives, capers, salt and pepper and pulse just to incorporate. Transfer the mixture to a bowl, cover with plastic wrap, and refrigerate for at least 1 hour.
4. Add chopped parsley and serve with crostini toasts.

ITALIAN VEGETABLE SOUP

SERVES 6-8

This light, warming soup is bright with vegetable flavors and easily evolves into an entrée – just add cooked beans and pasta.

2 tablespoons olive oil
 1 cup lacinato kale or escarole, finely chopped
 2 cloves garlic, minced
 1 small onion, chopped (1/2 cup)
 1 cup fresh baby spinach, chopped
 1 small zucchini, cubed
 1 medium fennel bulb, thinly sliced
 4 cups vegetable or chicken broth
 1/4 cup vegetable juice (like V-8)
 1 14-ounce can diced tomatoes with liquid
 1/4 teaspoon crushed red pepper flakes
 1 teaspoon fresh thyme, finely chopped
 1/2 teaspoon fresh oregano, finely chopped
 1 bay leaf
 Sea salt to taste
 Freshly ground black pepper to taste
 1/8 cup fresh parsley, chopped
 1/8 cup basil, chopped
 Parmesan cheese, grated fresh

1. Heat olive oil in a Dutch oven or soup pot. Add onion and sauté for 4 minutes or until softened. Add garlic and fennel, sauté for 4 more minutes or until fennel is softened. Add kale and sauté for about 2 minutes. Then add zucchini and sauté for a minute or so.
2. Add broth, diced tomatoes, thyme and oregano, cover and bring to a low boil over medium high heat. Reduce heat to low and simmer, partly covered, for about 10 minutes.
3. Stir in spinach and cook, uncovered, for 2 minutes, until wilted.
4. Before serving, stir in salt, black pepper, parsley and basil. Top with freshly grated Parmesan.

(more recipes over)



LEMON ARUGULA SALAD WITH ROASTED CARROTS AND PARMESAN CHEESE

SERVES 6

We like this served right alongside the lasagna. Be sure to dress the salad right before serving to ensure the arugula stays crisp.

1 pound of carrots, peeled, halved lengthwise, and cut into 3-inch pieces
4 tablespoons extra virgin olive oil, divided
Kosher salt and freshly ground black pepper
4 cups fresh arugula, also called rocket
3 tablespoons Parmesan, grated
½ cup Parmesan cheese, shaved
1 tablespoon plus 1 teaspoon freshly squeezed lemon juice

1. Preheat the oven to 375°. In a large bowl, toss the prepared carrots with 2 tablespoons olive oil and season with salt and pepper. Lay carrots on a baking sheet in one layer and bake until slightly charred, turning once, about 50 minutes.
2. Place lemon juice, 2 tablespoons olive and salt and pepper to taste in a jar with a good-fitting lid, seal and shake to combine.
3. To assemble the salad, place the arugula, roasted carrots and grated Parmesan in a large salad bowl and toss with dressing. Season with sea salt and freshly ground black pepper and toss again. Plate the individual salads and, and top each serving with shaved Parmesan to garnish. Serve immediately.

SICILIAN COUNTRY LASAGNA

SERVES 12

We took a classic recipe and lightened it up with bison and chicken. The minced mushrooms also mimic the taste and texture of meat.

1 pound lasagna noodles
1 pound ground bison
½ pound Italian chicken sausage
½ pound fresh mushrooms, minced
1 large onion, chopped
4 garlic cloves, minced
1½ teaspoons sugar
2 teaspoons salt
1½ teaspoons basil
½ teaspoon fennel seed
¼ teaspoon freshly ground black pepper
½ cup kalamata olives, sliced
28-ounce can tomatoes, chopped
2 6-ounce cans tomato paste
2 eggs, beaten
16 ounces ricotta cheese, drained
4 tablespoons Italian parsley, chopped
½ pound mozzarella cheese, shredded
1 cup Parmesan cheese, grated

1. Cook lasagna noodles according to package direction, but still somewhat firm. Drain and set aside.
2. Brown ground bison and sausage. Drain any excess fat. Add mushrooms and cook mixture until moisture is released and then reabsorbed.
3. Add the onion and garlic and sauté until onion is tender.
4. Add the sugar, salt, basil, fennel seed, tomatoes and tomato paste. Blend well. Simmer for 1 hour.
5. In a bowl, combine the eggs, ricotta cheese, parsley and salt. Blend well.
6. In the bottom of a very large baking pan, spread just enough of the meat mixture to cover the bottom. Layer noodles, meat sauce, olives, ricotta cheese mixture, mozzarella cheese and Parmesan cheese. Repeat layering, making sure to end with the Parmesan cheese.
8. Cover with foil. Bake at 375° for 25 minutes. Remove the foil and bake for 25 additional minutes.



Villa Terrace

Overlooking Lake Michigan, this Italian Renaissance-style villa was designed by architect David Adler in 1923. Originally the residence of Lloyd Smith of the A.O. Smith Corporation and his family, the Museum features fine and decorative arts dating from the 15th through the 18th centuries, wrought-iron masterpieces by Cyril Colnik, formal Renaissance Garden and changing exhibitions by local, regional and international artists.

Visit www.VillaTerraceMuseum.org



GIUGILENI

Sesame Seed Cookies

MAKES 3-4 DOZEN

This classic cookie is found all over Italy and is quite popular during the Christmas holidays.

$\frac{1}{2}$ cup butter
 $\frac{1}{4}$ cup white sugar
 $\frac{1}{4}$ cup packed brown sugar
2 eggs
1 teaspoon almond extract
2 cups all-purpose flour
1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ cup milk
 $\frac{1}{3}$ cup sesame seeds, toasted

1. Preheat oven to 350°.
2. In a small skillet, toast the sesame seeds until they just begin to color. Remove from heat and cool.
3. Cream butter, sugar and brown sugar. Then add eggs and almond extract, blend well.
4. Stir together flour, baking powder and salt. Add gradually to the creamed mixture, blending well.
5. Break off a small piece of dough and carefully mold into a smooth ball in your hand. Dip the top of the ball in milk, roll it in sesame seeds and place on greased cookie sheet. Repeat with remaining dough.
6. Bake for 15 minutes or until golden. Remove to wire racks to cool.

A BIG THANK YOU TO OUR PHOTO MODELS!

Our featured guests at Villa Terrace were local novelist Paul Salsini, his wife Barbara and their friends, Anne Catalane, Pat Ruffin, Duane Bogenschneider and Larry Baldassaro. See page five for more information on the author, including an upcoming author reading at Villa Terrace.

OSSI DEI MORTI

Bones of the Dead Cookies

MAKES ABOUT 2 DOZEN

These biscotti-like cookies do look a little like bones and get even better after a day or two. They're perfect for dunking in espresso or wine.

3 tablespoons unsalted butter
 $1\frac{1}{4}$ cups sugar
 $\frac{1}{2}$ lemon, zested
1 egg white
 $1\frac{3}{4}$ cups flour
1 teaspoon ground cinnamon
 $\frac{1}{2}$ cup almonds, ground
1 teaspoon ground cloves
Powdered sugar for dusting

1. Into the bowl of your stand mixer, add butter and mix until it is creamy. Add sugar, lemon zest, egg white and continue mixing.
2. Into a separate bowl, add flour, cinnamon, almonds and ground cloves. Whisk together.
3. Gradually add the flour mixture to the wet ingredients until a ball has formed.
4. Add a tablespoon or two of lukewarm water if necessary to help form a ball. Wrap your dough in plastic and transfer to the refrigerator to chill for 20-30 minutes.
5. Onto a lightly floured surface, take small portions of the dough and press or roll into ropes that are approximately the size of your finger. The dough is a bit crumbly. Cut into 2- to 3-inch sections. Continue until all dough has been formed and cut.
6. Transfer pieces to a cookie sheet lined with a silicone-baking mat or parchment paper. Bake at 350° for approximately 15 minutes.
7. Transfer to a cooling rack and dust with powdered sugar.
8. Store uneaten cookies in an airtight container.

side dishes SOLVED!

photos by CARA BERKEN

HOLIDAY DINNERS AND OTHER LARGE GATHERINGS OFTEN SEND US TO OUR COOKBOOKS, SEEKING SOMETHING UNUSUAL TO AMAZE AND DELIGHT EVERYONE AT OUR TABLE. BUT THE LAVENDER-INFUSED SWEET POTATO FOAM AND THE MAPLE COATED, PINENUT ENCRUSTED, BACON-STUFFED BRUSSELS SPROUTS EITHER FREAK OUT HALF THE FAMILY OR LEAVE US SUFFERING FROM EXHAUSTION AND UNABLE TO SIT UPRIGHT AT THE DINING TABLE.

Cold weather feasts seem to call out for simple, yet robust dishes, so we're skipping the molecular gastronomy and instead offering a few well-tested family favorites. They won't keep you in the kitchen all day, they bend well to different ingredients, and they'll be set upon by your guests like the bargain bins at Black Friday sales.

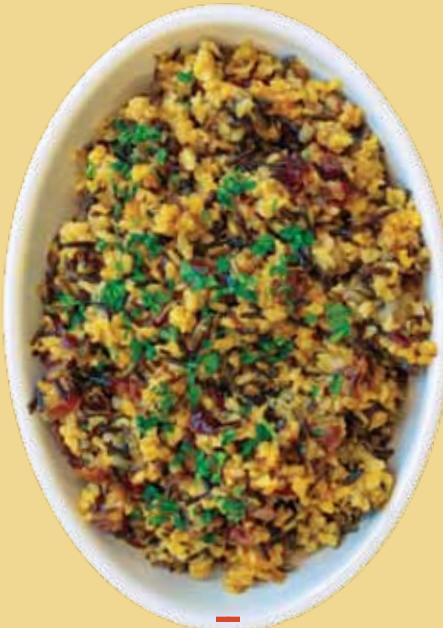
MRS. D'S HEAVENLY SPINACH

This traditional recipe has become an Outpost family favorite. It was handed down from an employee's mom, and we like to think that every time we make it, Mrs. Dimberg is wearing her favorite hat and smiling down at us.

Serves 10

4 10 ounce packages frozen spinach, chopped
½ pound mushrooms, sliced
½ cup low fat mayonnaise
½ cup reduced fat sour cream
½ cup grated Parmesan cheese
1 8.5 ounce can artichoke hearts, drained and quartered
Salt and pepper to taste
3 Roma tomatoes, sliced ½-inch thick
½ cup dry bread crumbs
¼ cup butter and extra for sautéing

1. Defrost spinach, drain well and squeeze out any excess water. Set aside.
2. Sauté mushrooms in 2 tablespoons butter. Drain any excess liquid. Set aside.
3. In a large bowl, combine mayonnaise, sour cream and Parmesan cheese. Stir in artichokes, spinach and mushrooms. Season to taste with salt and freshly ground pepper.
4. Pour mixture into a greased, 13 x 9 x 2 baking dish.
5. Place sliced tomatoes evenly across top of casserole.
6. Sauté bread crumbs in ¼ cup butter until browned and sprinkle over casserole.
7. Bake at 325° for 20 minutes.



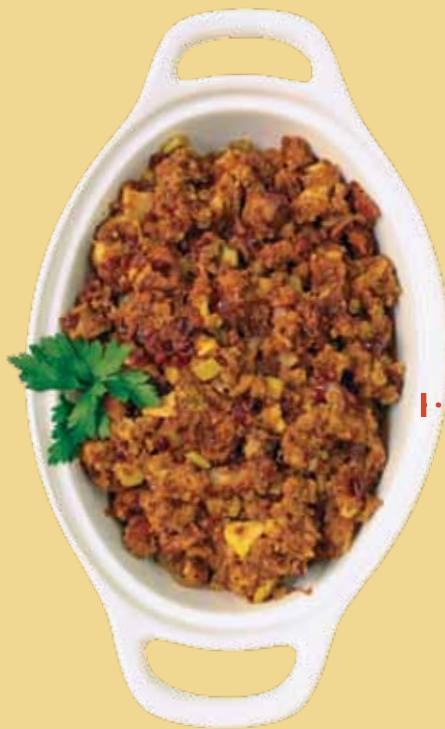
SLOW COOKER STUFFING *with SAUSAGE, CRANBERRIES & APPLES*

This is the perfect stuffing to make when your oven is overflowing with other baked dishes. The sweetness of the apples and cranberries pairs wonderfully with the savory sausage.

Serves 10

- $\frac{3}{4}$ loaf white bread
- $\frac{3}{4}$ loaf wheat bread
- 2 pounds ground sausage – we like Outpost's Italian but most any kind would work, including vegetarian
- 1 large sweet onion, diced
- 3 stalks celery, diced
- 2 tablespoons fresh sage, minced
- 1 tablespoon fresh rosemary, minced
- 2 teaspoons fresh thyme, minced
- 2 crisp apples, peeled, cored and chopped
- $1\frac{1}{2}$ cups dried cranberries
- $\frac{2}{3}$ cup fresh parsley
- 3-4 cups stock – either chicken, turkey or vegetarian
- $\frac{1}{2}$ cup butter or margarine, melted

1. Cube bread and spread evenly on baking sheets. Bake at 350° for 15–20 minutes until the pieces are lightly toasted. Let cool.
2. Add sausage to a large skillet over medium-high heat. Cook until well-browned, about 10 minutes.
3. Add celery and onions to sausage and continue to cook for another 3–4 minutes until softened.
4. Add fresh herbs (rosemary, sage, thyme) to the sausage mixture and cook for another 30 seconds.
5. In the bowl of a large crockpot, mix together the toasted bread cubes and the sausage mixture. Be sure to get all of the drippings from the pan, too.
6. Stir in apples, dried fruit and parsley.
7. Add enough stock to the stuffing until it's very moist, but not soaking wet. You shouldn't need more than 4 cups, but you might need less — so start with 3 cups.
8. Stir in melted butter and mix the stuffing well.
9. Cook the stuffing on HIGH in a crockpot, half-covered, for about 30 minutes.
10. Then turn heat down to LOW on the crockpot, still half-covered, and continue to cook for another 4 hours. Stir the stuffing halfway through the cooking.
11. Serve immediately or keep it on warm until needed.



VISIT WWW.OUTPOST.COOP/GRAZE TO FIND THE RECIPES FOR THESE GREAT SIDE DISHES:

SIMPLY ROASTED ROOT VEGETABLES & BROWN AND WILD RICE PILAF



TABLE TALK.

HIDDEN HUNGER – FIGHTING THE NEVER-ENDING BATTLE TO BRING NUTRITIOUS FOOD TO THOSE IN NEED.

by MALCOLM McDOWELL WOODS photos by PAUL SLOTH



Above (from left): Margaret Mittelstadt, Sherri Tussler, Paulette Flynn, Jean Smaglik Wells (back to camera) and Pam Frydman-Roza.





O N A SUNNY DAY IN LATE SUMMER, WE SNUCK INTO THE SPARKLING WESTSIDE HOME OF THE URBAN ECOLOGY CENTER AHEAD OF ITS GRAND OPENING TO TALK FOOD, OR, MORE ACCURATELY, THE LACK OF FOOD.

It might seem hard to believe here at summer's end, with our farmers markets and mega grocery stores, that there are hungry people in our neighborhoods, but there are, perhaps more than ever. The gradual recovery from the last recession has slowed job growth, lowered wages and emptied food pantries. We gathered several local hunger advocates for coffee and conversation and asked them about hunger in Milwaukee. Joining us were Sherri Tussler, executive director of Hunger Task Force; Jean Smaglik Wells, president and co-founder of Milwaukee Empty Bowls; Pam Frydman-Roza, food justice coordinator at Tikkun Ha-Ir; and Paulette Flynn, who had served as executive director of SHARE Milwaukee. Margaret Mittelstadt, Outpost's director of community relations, served as moderator.

Margaret Mittelstadt Which groups have you noticed have seen an increase in hunger?



Sherri Tussler Children, clearly, and seniors probably a direct second. Also working poor families since the recession of 2008. When I first started in 1997, 1 in 4 children in Milwaukee was experiencing poverty and hunger and now it is 1 in 2. When you brought up the topic of hidden hunger I just wish people would get off the freeway and drive around in the neighborhoods and see the hunger. There is hunger all around us. And it is not just a city of Milwaukee problem. West Allis, West Milwaukee, Cudahy, South Milwaukee, all of those area schools have eligibility for the free and reduced price meals program. Our senior program has been wait-listed for three months. More than 10,000 seniors receive that box of food and there are 300-400 seniors on the waiting list. There are a lot of challenges out there.

Jean Wells It's not really hidden in our community at all. In all aspects of life. It's more and more obvious these days.



Paulette Flynn I think another aspect of hidden hunger is not just calories in and calories out, but also what kind of food is available for people in a way that people can access it with the resources they have. Is it good food and is it food that will sustain health? That aspect of hunger is hidden, too. If you read about the epidemic of obesity in our country, you have a disconnect: How can people be hungry? But I think they are hungry for good, healthy nutritious food.

Pam Frydman-Roza There is hunger in areas we don't even realize exist. Hunger exists now with the economic downturn in previously perceived wealthy areas, where people are very insecure and don't feel comfortable saying that they are hungry and asking for help. And Paulette raised the key issue that what we want is for hungry people to have sufficient nutritious, easily-accessible food that will sustain them to live functional and vibrant lives.

Margaret I think you've touched on something people may not understand – people may be too

afraid to step out and ask for assistance. Are there misconceptions people have about hunger?

Sherri We can look at recent media coverage that is extremely negative and hostile towards food stamp recipients and the federal SNAP program. And there has been an orchestrated focus on food stamp fraud. We initiated a legislative audit of the food stamp program here in Wisconsin when our food stamp error rate was just .02 percent! But we spent state dollars to investigate perceived fraud based on a newspaper article that postulated fraud in Racine County.

Margaret Why is it people turn a blind eye to the issue of hunger?

Jean Because it's easier. And people isolate themselves. I think we see it in just how our cities develop and how people move out of the city. Dealing with it is a lot of work. It takes a lot of time and energy and effort – and money.

Pam Jean brings up an excellent issue with hidden hunger, which is the emphasis we have to place on relationship building and on cultural diversity. If you are in an isolated area and you don't really have a personal relationship to someone who is hungry, you won't get it. So, volunteering advocacy and action and really getting into things face-to-face, is so key to alleviating hunger and hopefully, eradicating it.

Jean One of the other misconceptions is that most people who receive any sort of assistance aren't working. But these are working people. They have several jobs supporting families and it's very difficult.

Paulette: Looking at hunger from an international perspective, one of the types of hunger is called seasonal hunger. In an agrarian society, that is the time when the food runs out from the previous harvest and before the next harvest comes in. It's so institutionalized that, in one of the African countries, the name for the month of May translates to the time when the children wait for food. When

(continued)



I first learned that, it touched me deeply. Well, for the working poor, that happens either weekly or monthly, depending on how their money flows. The children wait for food. The reason we don't want to look at it, is that to accept that we have institutionalized this is essentially to accept failure. Whether you're thinking Africa or West Allis, the time children wait for food is a reality that happens every month, for all of their lives. This is not new – I've been at this for 30 years. I don't know what it's going to take to get people to recognize that hunger is not just a problem of the people who are hungry, it is a problem of society.

Pam Touching on what you just said, the work I am doing now, rescuing surplus produce from CSAs and people's gardens and farms before it ends up on the compost heap, is one way of extending the harvest, by preserving it, by freezing it, so that people do have access to nutritional foods year-round.

Margaret How important is it for people who are hungry to have access to fresh foods?

Sherri Obviously the problem with childhood obesity that we hear so much about is one of not having enough access to fresh and affordable foods. People should drive through those central city neighborhoods; they'll see that there aren't grocery stores on the corner. Corner stores, convenience stores, that's where people get their foods and there they'll typically pay 40 percent more for fresh foods. People who use their debit card to go to the grocery store once a month are not going to buy fresh foods, they're going to buy case and frozen foods they can keep for the month.

Or come to a food pantry when our truck drives up with produce from our farm and you'll see people literally encircling it, waiting to get fresh food.

Jean Well, this is our 14th year at Milwaukee Empty Bowls and there has definitely been a movement to get healthy foods out to people. But again, it's difficult moving the produce, getting it out to people on time.

Pam We have to recognize that there are certain things inherent in our culture that really move people who aren't hungry to go for that quick food fix that alleviates that feeling of hunger quickly but doesn't really satisfy your biological need. So, there's an area that's open for educating people. We need nutritionists who are culturally sensitive and who can come up with recipes that are quick and easy for a family that doesn't have a lot of time after a



long day at work. It seems much easier to just open up a can of spaghetti and toss the noodles in than to stir fry vegetables. We need to teach them that that is wrong, that nutritious meals can be just as easy and much more healthful.

Paulette That's a hard sell, though. If I don't have a plan, the drive home from work can be the scariest twenty minutes of my day. I know if I'm not making plans, even though we have resources and nearby grocery stores, we're not going to eat as well that day. But that's an upper middle class problem. Some of the families we serve don't have cooking utensils. They may not have a working stove. The refrigerator in their apartment might be the size of your kid's dorm fridge. We have to recognize that difference.

And then the stories we hear with our mobile market bringing fresh food to neighborhoods that don't have a grocery store, being able to bring that food into people's homes is really important. It's not that people who are low income don't value this food. Do they really want a bag of chips more than an orange? The access issues are huge. That's why I'm so delighted that our mobile market is able to get into over 20 different locations in the community.

Sherri Think about how people live. Does the apartment have utilities, a stove or a refrigerator? A few years ago, we spent some time working with low-income adults in a work training program on the farm. One day, we brought out some fresh acorn squash. And the people looked at it and said, what is it, what do you do with it? I went through this lengthy description about cutting the squash in half, digging the seeds out and baking it in the oven and I could just tell by looking at them that I'd lost them. So, I said poke holes in it like you would with a baked potato and microwave it until it gets soft. They understood that. You have to realize that most of the food they are going to prepare is going to be microwaved, because a microwave costs just \$50 at Target.

So, we had to rethink our nutrition education.

Jean Even I feel that, when I go to the farmers market, with all the varieties and all the ethnic foods now. What do I do with this?

Paulette And if you don't know what it is and you have very limited money to spend, you can't risk that money on something strange that your kids might not eat. It's fine for us to say it takes time to get used to a new taste, and you have to eat it 5 or 8 times and so on, but that waste of food is something a lower income family cannot afford.



Pam And what Sherri brought up is key, that your education has to be experiential.

Sherri For example, teaching the difference between a juice orange and a navel orange. Or what broccoli is. By the time food hits their plate for school lunch or even supper now, it's unrecognizable. I've seen kids poke at the melon balls they get for lunch, but they eat it, because they are hungry. But do they know it's a honeydew melon, or how to pick one when they go to the market?

Pam Exactly, that goes back to the disconnect you were talking about. The food doesn't come in cellophane packs, it comes from the earth. It comes out of the ground. Creating opportunities for people to plant their own gardens, even donating parts of their CSA boxes, all helps. But we haven't even talked about food waste. We live in such abundance, most of us, why aren't we thinking about what we can share before it ends up on the compost heap? It just takes foresight.

Paulette The whole idea is planning what part of one's abundance will be shared, so we're not just giving away those tired vegetables that tomorrow are going onto the compost heap. That's not much relief. Let's not give the expired cans to the food drive. If we're serious about caring for the most vulnerable in our community, then it's not enough to cast off your old food, but to plan in advance what part of this you are going to share.

Margaret So where do you see hopefulness and progress towards educating people?

Sherri I've been working with hungry and homeless people since 1988 and I feel hope every day. I can go about an hour from now about five blocks from here, we'll be feeding kids in the park and some kid will run up and spontaneously give you a hug. And you can see hundreds of kids just about a mile from here sitting down and having breakfast, lunch and supper as a result of the effort the school system, the boys and girls club, our donor Kohls and a group of volunteers put together – and those people are eating. And then I can imagine that all over the community, 170 are open that weren't here ten years ago that are feeding kids.

So, have we stabilized things, yes. Do we need volunteers? Constantly. Hunger relief is an all-volunteer army. There are 50 employees at HTF serving 36,000 people a month at the food pantry network, more than 65,000 hot meals though the soup kitchens



Above: The Urban Ecology Center's Menomonee Valley branch, celebrated its grand opening on September 8.

and homeless shelters, ten million pounds of food distributed, the numbers go on and on, but 7,000 volunteers are the ones make that all happen. So, there's plenty of hope but there's also plenty of opportunities to get involved and there are plenty each individual can do to make a difference. All they have to do is believe that they can and then pick up the phone.

Pam And yes, there are an enormous number of people in this community who get it, who are out there helping, and those are the people who really stay with it and bring it into the family. You have to make it experiential and real. One of our main problems in this surplus garden project is finding volunteers. How do we get people to buy in to do this? How do you motivate people?

Sherri That is the responsibility of our organizations.

Paulette At SHARE, (the answer is) having people really own the work. Not just showing up, but really owning the work. We distributed \$4 million worth of food every year with a volunteer labor force. Because they feel they are making a difference, and so for us as agency types the challenge is to manage it as little as possible so it can have the feel and touch of the people themselves. That's a tricky thing to do because food is perishable, you have health and safety concerns and so on. But the volunteers are key. All the money, all the federal aid, all the donated food, none of it can happen without them. They are the piece without which none of this comes together. ||

WWW.HUNGERTASKFORCE.ORG

WWW.THI-MILWAUKEE.ORG

WWW.MILWAUKEEEMPTYBOWLS.ORG

IN AN IDEAL WORLD...

by MARGARET MITTELSTADT

... EVERY CHILD, FAMILY & ADULT WOULD HAVE ACCESS TO NUTRITIOUS FOOD



photos courtesy of Milwaukee Empty Bowls



AGAPE IS AN ANCIENT GREEK WORD THAT MEANS 'LOVE' – A KIND OF SELFLESS, UNCONDITIONAL LOVE EXTENDED TO FELLOW HUMANKIND. A FEAST SHARED IN COMMON WITH OTHERS. DIVINE LOVE. COMPASSION.

In 1986, the Milwaukee Sisters of the Sorrowful Mother saw a need for agape in the struggling urban neighborhoods of northwest Milwaukee. An order of the International Franciscan congregation, the Sisters serve the poor and disenfranchised, those who have found themselves lost in this world. In their neighborhoods, the Sisters found people subsisting on nothing but bread or cereal, and began serving community meals.

Many households in that community still face the crushing issues of poverty and meals are still offered by the Sisters, now at the Agape Community Center (www.agape-center.org). "Demographically, the U.S. Census data for our service area describe our population with 34 percent of the children, and 25 percent of the seniors, living in severe poverty. In our immediate service area, 75 percent of the households are headed by a single parent or guardian; most have more than one child. For many of these families, the Community Meals served at Agape Community Center are the only complete, healthy meals they may have all week," says Al Lazi, director of development. Low-income residents most often live in areas considered to be 'food deserts,' where there is little access to nutritious, affordable food.

While Agape Community Center is a part of the Milwaukee Catholic Archdiocese, the Agape Community Meal Program is an interfaith, intercommunity effort. In 2011, 16 different faith-based organizations as well as businesses, schools and civic groups volunteered for the meal program. All emphasized "more than 1,500 volunteers prepared, cooked, and served a total of 23,400 meals to 14,535 guests. Meals are served "family style," allowing volunteers to directly interact with those they serve.

Each autumn, Milwaukee Empty Bowls, a local non-profit organization, holds an event to raise much-needed funds for organizations that serve Milwaukee's hungry, like Agape Community Center. Potters, artists and citizens from all walks of life create hand-made, kiln-fired bowls, all donated for this annual fundraiser. For a \$20 donation, donors can choose a bowl and then have it filled with delicious soups and stews served up by one of many of Milwaukee's finest local restaurants, eateries and food retailers.

Milwaukee Empty Bowls is an Outpost 2012 Community Partner. For more info visit www.outpost.coop/community/giving/community_partners.php

MILWAUKEE EMPTY BOWLS ANNUAL FUNDRAISER

SATURDAY, OCTOBER 13, 2012, 10:30–2 P.M.

MATC - OAK CREEK

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CHECKOUT



WHERE . GARLIC FEST, WALKER'S POINT

WHAT . FISHING FOR GARLIC

WHEN . JUNE 24, 2012. 12:45 p.m.

we were **LOCAL**
BEFORE *it was* **COOL!**



James & Jenny Marino



Cybros - The Sprouted Bakehouse

- *Breads and rolls are made with sprouted grains*
- *Grains are sprouted and ground into dough that has no trans fats and no added preservatives*
- *Breads are naturally sweetened with honey and molasses*
- *Using the whole grain retains healthy nutrients including B vitamins, Vitamin E, magnesium, iron and fiber*

Waukesha, WI

Miles to
Market

22

ALWAYS WAS ★ ALWAYS WILL BE

OUTPOST
NATURAL FOODS