

GRAZZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

MOROCCAN-STYLE
MEATBALL SAMMIES

PAGE 28

SPRING
INTO OUR
FRESH
SUSHI

PAGE 26

spring

ITALIAN-STYLE PAGE 20

GLOBAL
POTLUCK

PAGE 12

PLU 3010
SPRING 2019

FREE WITH ANY PURCHASE



FIRST WORD.



HAVE YOU EVER BEEN WALKING ALONG, AND YOU COME ACROSS A SMELL THAT INSTANTLY TAKES YOU BACK TO A CERTAIN PLACE AND TIME? THEY SAY OUR SENSE OF SMELL IS STRONGLY TIED TO OUR MEMORY, AND I'LL NEVER FORGET THE FIRST TIME I WALKED INTO AN OUTPOST STORE OVER 15 YEARS AGO. THE MOMENT I ENTERED THE PRODUCE DEPARTMENT AT CAPITOL DRIVE I FELT A DISTINCT RUSH OF FRESH, CLEAN AIR ENTER MY LUNGS THAT MADE ME INSTANTLY PERK UP. HOW MANY GROCERY STORES HAVE THE ABILITY TO SEAR A MEMORY LIKE THAT INTO YOUR BRAIN FOR DECADES?

This feeling of freshness and vitality was quickly followed by a smiling member of the staff, and I was off on an adventure to explore this unique bastion of goodness. Little did I know that years later I would be the new Sustainability Manager for Outpost and loving every minute of it!

For the uninitiated, sustainability means meeting the needs of our current generation, while taking into consideration the needs of future generations. When it comes to how this pertains to running a business, it is equal respect for the environmental, social, and financial impacts our business has on the community. It means focusing on organic produce without the pesticides. It means supporting local farmers and producers to keep our dollars in the community. It means composting almost 2,000,000 pounds of organic material since 2013 (learn more about our efforts on page 30). It means treating our fellow employees how we'd like to be treated ourselves and giving back to the community that has given us so much. It also means respecting our Triple Bottom Line (People, Planet, Profit) and making sure our for-profit business makes enough money to continue being a positive force in the community.

My first main projects are tied to continually improving our waste diversion, so we send even less to the landfill, and leading our Plastics Committee to work towards eliminating the use of petroleum-based plastics in our central kitchen and cafés. In a culture where even the most conscientious among us value convenience, there are no easy solutions and it requires bringing different stakeholders to literally sit down at the same table and figure out how we can move forward. It's a challenge I enjoy and a puzzle that I look forward to piecing together on behalf of our amazing owners, our planet, and our community!

KURT BAEHMANN
Sustainability Manager

WHAT IS GRAZE?

AUTHENTICALLY LOCAL

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

FRESH

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

SMART

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

FUN

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

GRAZE IS PUBLISHED QUARTERLY, WITH NEW ISSUES EACH SEASON.

GRAZE@OUTPOST.COOP



GRAZE is printed by J.B. Kenehan located in Beaver Dam, Wisconsin on Nature Web Matte paper with recycled content certified by the Forest Stewardship Council.

WHO IS GRAZE ?



i am **CARA BERKEN.**

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

i am **HANNAH EVANS.**

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



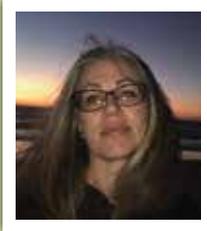
i am **LISA MALMAROWSKI.**

Marketing isn't a dirty word, it's my megaphone to talk about things that really matter, like preserving local food security and the best way to roast a beet. I've made it my mission to turn natural food doubters into evangelists. When I'm not busy turning people on to turnips, you'll find me creating mixed-media art, shopping for shoes, or traveling.



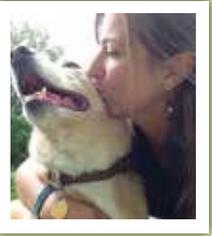
i am **MARGARET MITTELSTADT.**

My childhood was filled with simple, honest meals, and it's with great humility that I approach cooking. Great Grandma's apron hangs in my kitchen like a sentry from the Old Country. Of course, like life, not everything I cook turns out as I expected, so I've learned to let go of outcomes and smile with the surprises.



i am **DIANA SCHMIDT.**

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



i am **MICHAEL SORENSEN.**

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



i am **MARI WOOD.**

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



- GRAZE.

A QUARTERLY PUBLICATION OF
OUTPOST NATURAL FOODS COOPERATIVE

OUR PUBLISHING STAFF.

DIRECTOR . LISA MALMAROWSKI
EDITOR . WRITER . PHOTOGRAPHY .
MICHAEL SORENSEN
DESIGN . PHOTOGRAPHY . CARA BERKEN
DESIGN . HANNAH EVANS
WRITER . MARGARET MITTELSTADT
WRITER . DIANA SCHMIDT
WRITER . MARI WOOD

OUR STORES.

100 EAST CAPITOL DRIVE
MILWAUKEE, WISCONSIN 53212
PHONE . 414 961 2597

7000 WEST STATE STREET
WAUWATOSA, WISCONSIN 53213
PHONE . 414 778 2012

2826 SOUTH KINNICKINNIC AVENUE
MILWAUKEE, WISCONSIN 53207
PHONE . 414 755 3202

7590 WEST MEQUON ROAD
MEQUON, WISCONSIN 53092
PHONE . 262 242 0426

OUTPOST MARKET CAFÉ
AURORA SINAI MEDICAL CENTER
945 NORTH 12TH STREET
MILWAUKEE, WISCONSIN 53233
PHONE. 414 220 9166

WE'D LOVE TO HEAR FROM YOU!
SEND YOUR LETTERS TO –

GRAZE@OUTPOST.COOP

OUTPOST NATURAL FOODS/GRAZE
205 WEST HIGHLAND AVENUE, SUITE 501
MILWAUKEE, WISCONSIN 53203

OUTPOST
NATURAL FOODS

WWW.OUTPOST.COOP



CONTENTS.

SPRING 2019

...features.

PASSOVER (2 WAYS) page 8

DESTINATION: POTLUCK

AROUND THE WORLD IN FOUR DISHES..... page 12

LOCAL FIRST SPOTLIGHT

TALL GUY AND A GRILL page 19

A SPRING FLING ITALIAN STYLE

THAT'S AMORE IN YOUR CUCINA..... page 20

PUT A LITTLE SPICE IN YOUR LIFE

MOROCCAN MEATBALL SAMMIES..... page 28

GO CO-OP: UP & COMING

OUTPOST LENDS A HAND TO CO-OPS
ACROSS THE LAND..... page 32

...in the aisles.

YOU'LL SWOON

A WAY BETTER RAMEN, INSTANT SOFRITO, AND HUMMUS STUFFED
FALAFEL POPPERS—YOU'LL FALL IN LOVE..... page 6

ALL OILED UP

OUR PERIODIC TABLE OF COOKING OILS AND FATS..... page 10

A CUP OF JOE WITH A PURPOSE

MAKING COFFEE..... page 16

GONE FISHING

REELING IN OUTPOST'S SUPER SUSHI..... page 26

WASTE NOT—WANT NOT

EVERYTHING GOOD COMES BACK AROUND..... page 30

OUTPOST GIVES BACK

HOW OUTPOST STRENGTHENS OUR COMMUNITY..... page 34

12



16



20



26





WE'RE HIRING!

ISN'T IT TIME YOU LOVED YOUR JOB?



ENJOY:

- Generous Benefits
- Flexible Schedules
- Paid Lunch Breaks
- Employee Discounts
- Work/Life Balance
- And More!



Current openings at
www.outpost.coop/careers



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



WANT MORE OUTPOST?

WWW.OUTPOST.COOP



(you'll)

SWOON!

THINGS WE LOVE.

INSPIRED ORGANICS PASTA SAUCES

SOMEONE STOLE OUR NONNA'S SECRET RECIPE!

Inspired Organics' new line of pasta sauces could fool even the most discerning Nonna into thinking it was homemade. Each bottle—not jar (which we love too)—showcases a sauce chock full of little bits of organic onion, chunks of garlic, and flecks of all-natural spices. It's almost as if you just poured your own homemade sauce right into the bottle yourself. Perfect for a quick, easy meal or a fried mozzarella stick bath, these sauces have become our go-to red sauce for when we don't feel like spending hours over the stove and just want to heat and eat. A product of Italy, certified USDA Organic and non-GMO, your penne to spaghetti, parmigiana to lasagna is never going to know it's not homemade...and neither will grandma.



FILLO'S BEANS AND SOFRITO

INSTANT SOFRITO GRATIFICATION!

It's all about the sofrito. What's sofrito you might ask? It's a traditional base in Latin American cooking involving sautéed onions, bell peppers, garlic, herbs, sometimes tomato, and spices in olive oil usually simmered for hours. Thanks to two innovative brothers from Chicago, you can now tuck into some authentic sofrito and beans without making an afternoon of it! Fillo's Beans and Sofrito takes flavors from around the Americas and brings them right to your plate. Peruvian Lentils, Mexican Mayocobas, Tex-Mex Pintos, Cuban Black Beans, and more varieties are ready to heat and eat in under a minute in the microwave. Each pouch of flavor is made with all-natural veggies, herbs and spices without any weird, unpronounceable ingredients—just like you made them yourself!

DAIYA NEW YORK CHEEZECAKE

A CHEEZECAKE WITHOUT THE CHEESE? YES!

Who doesn't love cheesecake? Rich, decadent, creamy cheesecake. But if you're dairy free or vegan, all you could do was look on longingly at those little slices of heaven. Not anymore! Daiya has somehow created a new version of this indulgent delight that's just as dreamy and delicious as the original. Dairy-free, gluten-free, soy-free, and at only 360 calories per serving, Daiya's New York Cheezecake is one of those impossible "Huh? How did they do that?" success stories. The gluten-free graham cracker crust, the light and fluffy "cheezecake" with just a hint of coconut makes us want to keep stealing forkfuls of flavorful sweetness. For those who think you can't make a New York cheesecake without the cheese? Daiya says, "Fuggedaboutit!"



MIKE'S MIGHTY GOOD CRAFT RAMEN

GET SLURPING WITH THIS INSANELY GOOD SOUP.

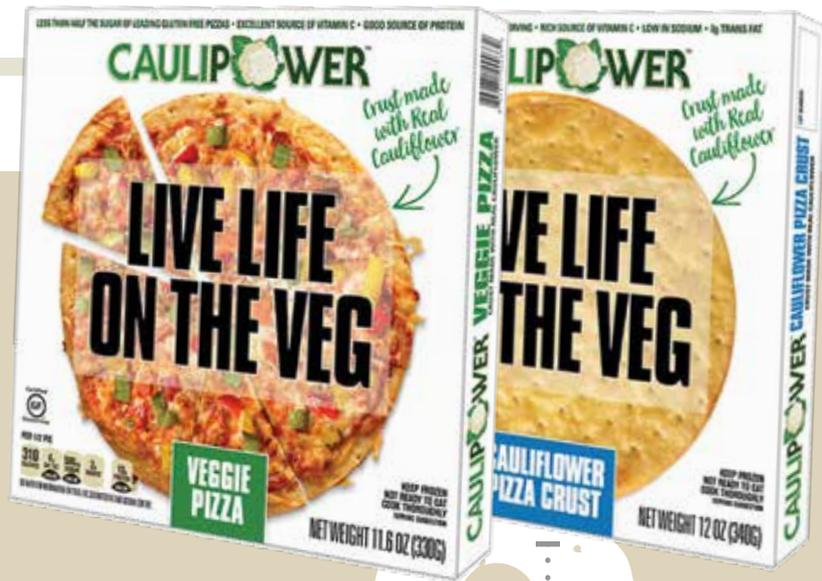
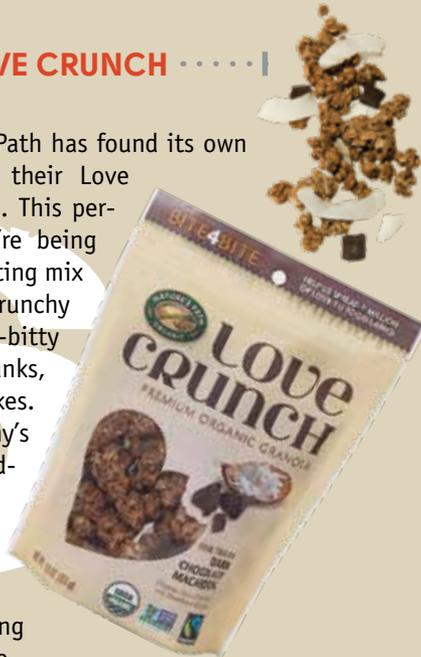
If you got through college eating ramen for breakfast, lunch, and dinner, Mike's Mighty Good Craft Ramen is as if that dorm room staple graduated with honors, studied at Le Cordon Bleu in Paris and then opened a trendy ramen bar in the East Village. Mike's is the best instant ramen we've ever come across: the broth has a savory, velvety richness that tastes like it's been simmering for days and the organic noodles have the perfect toothsome bite. You can slurp this ramen up on its own or pile it high with whatever your soupy imagination can think of: soft boiled eggs, green onions, carrots, mushrooms all work well here. With a variety of flavors from Vegetarian Kimchi to a rich Pork Tonkotsu you'll almost wish you were back in college on three hours of sleep. Almost.





NATURE'S PATH LOVE CRUNCH
LOVE AT FIRST BITE!

Wisconsin's own Nature's Path has found its own path to our heart with their Love Crunch cereal and granola. This perfect breakfast (or, if we're being honest, dessert) is a tempting mix of organic cereal flakes, crunchy clusters of granola, itty-bitty Italian dark chocolate chunks, and sweet coconut flakes. Created by the company's founders at their wedding, this cereal (and its gluten-friendly granola counterpart) celebrates a perfectly balanced sweetness without being over the top. Like all of the family-owned Nature's Path company, the ingredients are all organic and certified non-GMO. Even better than the taste, every box of Love Crunch you buy means an equal amount of money donated to food banks in need, so you get to give back with every bite. On Wisconsin!



CAULIPOWER PIZZA CRUST
EAT YOUR VEGGIES IN DISC FORM.

Once upon a time we tried making our own cauliflower pizza crust: ricing the cauliflower, draining the moisture out, forming the dough—sheesh what a process! Thankfully Caulipower felt our pain and decided to step up and make frozen cauliflower crusts for the rest of us. Now the only labor involved means turning on the oven. With less than half of the sugar in most gluten-free pizza crusts, these discs of delight are perfect for paleo diets and for people looking to eat healthier without giving up that sweet, sweet pizza love. The plain crust is an ideal canvas for whatever you want to put on it or try the alarmingly tasty Veggie Pizza that's loaded with flavor. Either way you'll be amazed at how much you'll start loving to eat your veggies.

TADAH FALAFEL POPPERS
IF WILLY WONKA MADE FALAFELS INSTEAD OF CANDY.

Isn't it great when you get surprised? TaDah knows it (it's right in their name for Pete's sake!) and their Falafel Poppers are ready to make you sit up and say "Wow!" These tiny little falafel balls are a new way to roll with a delicate blend of East Mediterranean spices coupled with a crispy, crunchy exterior, but when you bite into them... "Ta-Dah!" there's an impossibly creamy center of delicious, savory hummus. What's that? Hummus inside the tender fritter? Yes! The Harissa Hummus and Lemony Roasted Garlic Hummus flavors are sure to impress. Perfect for a snack, tucked into a pita, or even better tossed in a salad, these vegan, gluten-free balls of joy are like a magic show in your mouth.



PASSOVER

(two ways)

MOVE OVER WINTER. SPRING HAS SPRUNG! LET'S ALL CELEBRATE THE PASSAGE OF THE SEASON WITH FOOD AND FRIENDSHIP. THESE TWO RECIPES ARE SURE TO SATIATE THE HUNGRIEST OF APPETITES AND BRING PLENTY OF SMILES TO YOUR PASSOVER MEAL.

CHAG HA' AVIV SAMEACH!

1st

(way)



TZIMMES & DRUMMIES

SERVES 4-6

This one-dish chicken dinner is pure comfort food joy. The caramelized veggies and fruits in the tzimmes soak up the flavors of juicy, fall-off-the-bone chicken drumsticks to create a rich and satisfying sweet-savory meal. Serve straight from the baking dish or plate it to pass it. Allow yourself 3 hours from start to finish, mostly for baking time.

- | | |
|---|---|
| 1 onion, cut in half and thinly sliced | ¾ cup dried plums, chopped |
| 4 tablespoons vegetable oil | ½ cup dried cranberries |
| 2 cloves garlic, crushed | 1 small orange, zested, juice reserved |
| Salt to taste | 1 lemon, zested and then cut into 8-10 wedges |
| 1 pound carrots, sliced into ¼-inch pennies | 3 lbs. chicken drumsticks (about 10-12) |
| 1 medium sweet potato, diced small | |

1. Preheat the oven to 400 degrees.
2. Add oil to a large frying pan and sauté the onions over medium heat until translucent. Salt to taste. Add the crushed garlic and cook for an additional minute.
3. Add the carrots, diced sweet potato, dried plums, and dried cranberries. Stir well. Add another tablespoon or two of oil if necessary. Reduce heat slightly and cook for about 3 minutes.
4. Add the orange and lemon zest to the carrot mixture. Stir to incorporate. Then add the reserved orange juice. Simmer for a couple of minutes until carrots are just steamed through but still firm. Remove from heat. Taste and salt as desired.
5. Lightly grease the bottom and sides of a 9x13-inch baking dish. Spread about a third of the tzimmes on the bottom of the baking dish. Place the chicken drumsticks on top. Tuck lemon wedges around the chicken. Spread the remaining tzimmes over the chicken and cover the pan tightly with foil.
6. Bake at 400 degrees for one hour. Reduce heat to 300 degrees and cook for another hour.
7. Remove the pan from the oven and increase the temperature to 450 degrees. Remove the foil from the pan and push the tzimmes aside so the chicken pieces are exposed. Return to the oven for approximately 20 minutes to allow the skin to brown and crisp up.
8. Remove lemon wedges. Serve warm.





SUNKEN CHOCOLATE CAKE *a la mode*

SERVES 8-10

Chocolate never had it so good. This delightful flourless cake is guaranteed to put a spring in your step. It's light in texture with just the right amount of cocoa flavor. You will need a 9-inch diameter springform cake pan and an electric mixer to make this cake. And if you're pressed for time, make it a day in advance. Simply cover and store overnight at room temperature, if you can wait that long. (Not observing Passover? Substitute in real butter and add dairy ice-cream, if desired.)

- | | |
|---|--|
| ½ cup (1 stick) unsalted vegan buttery sticks, cut into 1-inch pieces, plus more for greasing the pan | 2 tablespoons vegetable oil |
| ¾ cup plus 2 tablespoons sugar, divided, plus more for dusting the pan | 6 large eggs |
| 10 ounces dairy-free semisweet or bittersweet chocolate (61%-72% cacao), coarsely chopped | 2 tablespoons unsweetened cocoa powder |
| | 1 teaspoon vanilla extract |
| | ¾ teaspoon salt |
| | Non-dairy vanilla frozen dessert of choice |



1. Preheat oven to 350 degrees. Lightly grease the inside of the springform pan and dust with sugar, tapping out any excess.
2. Combine chocolate, oil, and ½ cup buttery sticks in a large heatproof bowl. Set over a saucepan of simmering boiling water to make a double boiler. Heat, stirring often, until all ingredients have melted. Remove bowl from saucepan and set aside.
3. Separate 4 eggs, placing whites and yolks in separate medium bowls. To the 4 yolks, add cocoa powder, vanilla, salt, ¼ cup sugar, and remaining 2 whole eggs. Whisk until mixture is smooth. Gradually whisk yolk mixture into the chocolate mixture, blending well. It will thicken slightly.
4. Using an electric mixer on high speed, beat egg whites until frothy. With mixer running, gradually beat in ½ cup sugar and beat until firm peaks form.
5. Gently fold egg whites into the chocolate/egg mixture one half of the egg whites at a time, folding just until incorporated each time. Be careful not to overmix. You want a light airy batter preserving the lofted structure of the egg whites. Scrape batter into prepared pan. Smooth top (do not tap the pan) and sprinkle with remaining 2 tablespoons sugar.
6. Bake until top is puffed and starting to crack, and cake is pulling away from edge of pan, approximately 35-45 minutes. Transfer to a wire rack and let cake cool completely in the pan. The cake will sink into the center and continue to crack as it cools.

2ND
(way)

7. Once the cake has cooled completely, slide a thin knife between the cake and the sides of the pan to release any cake still sticking to the sides. Carefully spring the form from the sides. Slice into wedges and serve a la mode with the frozen dessert.



VARIETY IS THE SPICE OF LIFE
THE SPICE OF LIFE
CE OF LIFE VARI

(a) recipe

OLIVE OIL & CITRUS CAKE

One of the best things about baking with olive oil is that it contains monounsaturated fat, compared with butter's saturated fat. And because olive oil is a natural emulsifier, it improves the moisture and texture of a cake. You can use a virgin or light olive oil in this recipe, and save your more flavorful (and pricey) extra virgin oil for dressing a salad. Any sweet citrus fruit would work in this recipe. We used a mix of blood oranges and tangerines, since that's what we had on hand. This is great on its own, but we added some balsamic strawberries as a topping because that's how we roll.

Olive oil and flour for prepping the pan

- 1½ cups all-purpose flour
- 1½ cups granulated sugar
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 2 large eggs
- ⅔ cup orange juice (2-3 oranges should be enough)
- 2 teaspoons grated orange zest
- ⅔ cup olive oil
- Confectioners' sugar, for dusting

1. Place a rack in the center of the oven, and preheat the oven to 375 degrees. Lightly grease and flour a 9-inch springform pan with the olive oil and flour. Shake out the excess flour, and set the pan aside.
2. Place the flour, sugar, baking powder, baking soda, and salt in a large mixing bowl and whisk to combine. Crack the eggs into the bowl and stir to break the yolks, then add the orange juice, zest, and olive oil. Mix with a wooden spoon until well combined, 60-70 strokes, or mix with an electric mixer on medium speed until smooth and combined, 1-2 minutes.
3. Turn the batter into the prepared pan, and place the pan on a sheet pan or baking sheet to protect your oven from batter leaking from the bottom of the pan. Place the pan in the oven, and bake until the cake is well browned and the top springs



back when lightly pressed with a finger, 38-45 minutes.

4. Remove the pan from the oven. Let it rest on a wire rack for 20 minutes. Run a knife around the edges, unsnap the collar rim, and let it rest on the rack until cool, 30 minutes more. To serve, run a sharp knife underneath the cake to remove the bottom of the pan. Place the cake on a plate, dust with confectioners' sugar, if desired, and slice and serve.

BALSAMIC STRAWBERRY REDUCTION

- 4 pints (8 cups) fresh strawberries, sliced thick
- 5 tablespoons balsamic vinegar
- 2 tablespoons sugar
- ¼ teaspoon freshly ground black pepper

Thirty minutes to an hour before serving, combine the strawberries, balsamic vinegar, sugar, and pepper in a bowl. Set aside at room temperature to allow the flavors to meld.

A1 ALGAE OIL
new!



SMOKE PT. 485

TASTE . LIGHT, NEUTRAL

USES . GREAT FOR SAUTÉING, SEARING, BAKING, SALAD DRESSINGS, & MORE

BENEFITS . HIGHEST LEVEL OF GOOD FAT & LOWEST LEVEL OF SATURATED FAT COMPARED WITH OTHER COOKING OILS

COOKING AT HOME

GLOBALLY-INSPIRED, SPRING-READY POTLUCK DISHES

POTLUCK ANXIETY YOU SAY? NEVER FEAR! WE ARE SHARING SOME OF OUR GRAZE TEAM'S GO-TO "DISH-TO-PASS" FAVORITES. THESE EASY TO MAKE MORSELS ARE PRETTY MUCH GUARANTEED TO WIN RAVES AND ENSURE YOU WON'T BE BRINGING HOME LEFTOVERS.

GREEK TO ME DIP

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

If you're crunched for time, then this is the recipe for you! Just layer up this quick to assemble dip in a pretty dish and you're good to go. We like serving this with crunchy pita chips, but sliced pita bread or multi-grain gluten-free corn chips work well too.

- 1, 8-ounce package Neufchâtel cheese, softened
- 1 tablespoon fresh lemon juice
- 1 teaspoon dried Italian seasoning
- 3 cloves garlic, minced
- 1½ cups prepared hummus, any variety
- 1 cup seeded, chopped cucumber
- 1 cup chopped tomato
- ½ cup Kalamata olives, pitted and chopped
- 1, 6-ounce jar marinated artichoke hearts, drained well and chopped
- ½ cup crumbled feta cheese
- ⅓ cup sliced green onions with greens
- Pita chips for serving

1. In medium mixing bowl beat cream cheese, lemon juice, Italian seasoning, and garlic with electric mixer on medium speed until smooth and combined.
2. Spread cream cheese mixture into a deep 9-inch pie plate, shallow serving dish, or layer in glass bread pan.
3. Evenly spread hummus on cream cheese layer. Top with cucumber, tomato, olives, artichoke hearts, feta cheese, and green onions. Cover and refrigerate for at least 2 hours.*
4. Serve with pita chips, sliced pita or whole-grain chips.

**If serving in more than 2 hours, add vegetables just before serving or dip may get watery.*





..... | by LISA MALMAROWSKI
photos by CARA BERKEN

FRENCH ASPARAGUS TARTE *with* GRUYÈRE

SERVES 8 AS AN APPETIZER

Vegetarian

Deceptively simple to make, this tart is full of complex flavors—something magical happens when asparagus meets a flavorful, nutty cheese. It's a real show stopper on any buffet table. You will need to plan ahead just a bit—the puff pastry needs to thaw in the fridge for a day. For easy serving, use a pizza cutter.

Flour, for work surface

1 sheet frozen puff pastry, thawed

5½ ounces (2 cups) Gruyère cheese,
shredded (Emmenthaler or fontina work
too)

1½ pounds medium or thick asparagus

1 tablespoon olive oil

Salt and pepper

Aluminum foil

1. Preheat oven to 400 degrees.
2. On a floured surface, roll the puff pastry into a 16x10-inch rectangle. Trim uneven edges. Place pastry on a baking sheet. With a sharp knife, lightly score pastry dough 1-inch in from the edges to mark a rectangle. Using a fork, pierce dough inside the markings at ½-inch intervals. Bake until golden, about 8 minutes.
3. Remove pastry shell from oven, and sprinkle with cheese. If needed, trim the bottoms of the asparagus spears to fit crosswise inside the tart shell, then arrange in a single layer over cheese.
4. Brush with oil, and season with salt and pepper. To prevent the edges from over browning, use a thin strip of aluminum foil to cover the edges of the tart before placing in oven. Bake for about 15 minutes until asparagus is tender. Serve warm or at room temperature.

(recipes continued)

ASIAN-ESQUE STYLE PORK TACOS

SERVES 6-8

This Asian twist on a classic shredded pork never disappoints. A little prep time up front to make the sauce is about all the effort you need to pull off this savory, juicy dish that turns the umami level up to eleven. You could nestle the finished pork into a soft bun (sort of Southern BBQ style), but it's so much more fun to have guests put together their own tacos with the toppings of their choice. Don't expect any leftovers! If you don't have a slow-cooker you can easily make this dish in a covered Dutch oven, just cook in a 325 degrees oven for 6-7 hours, or until the meat falls from the bone.

- 1 tablespoon toasted sesame oil
- 1 medium-size yellow onion, peeled and diced
- 12 cloves garlic, peeled and roughly chopped
- 2 tablespoons fresh ginger, peeled and minced
- ½ cup hoisin sauce
- ¼ cup fish sauce
- 1 tablespoon sriracha sauce
- 5-pound bone-in pork shoulder, skin and fat removed
- 12-16 flour tortillas, warmed
- Toppings; chopped cilantro, mung bean sprouts, Zymbiotics' Ginger Zarrots, Sriracha hot sauce

1. Place a sauté pan over medium-high heat. After about a minute, swirl in the sesame oil and then the onions, stirring to combine. Sauté for about 5 minutes, then add the garlic and continue to cook until the onions are soft and becoming translucent. Turn off the heat, stir in the ginger and set aside.
2. Add the hoisin sauce and the fish sauce to the pan, stirring to combine (if mixture is sticking you can loosen it with a little less than half a cup of water). Add sriracha sauce to taste.
3. Put a few spoons of the sauce in the bottom of a slow cooker, then nestle the pork on top of it. Pour the remaining sauce over the top of the pork. Cover the slow cooker and cook on low for about 8 hours, or until the pork shreds easily with a fork.
4. Discard the bones and shred the pork with a pair of forks, combining the shreds with the juices. Serve with warm tortillas and your favorite toppings.





TORTILLA ESPAÑOLA INSPIRED CASSEROLE

SERVES 8-10

Vegetarian • Gluten-free

A tortilla in Spain is basically a glorified omelet or frittata, featuring potatoes and garlic, and usually served as a tapa alongside other small plates. This spin on a classic kicks it up into an entrée, making it big enough to share and easy to tote in a classic casserole pan. Bonus, this is equally delicious served at room temperature and works well as both a brunch dish or a lunch or dinner feature.

Non-stick pan spray or olive oil
6 medium Yukon Gold potatoes (about 2 pounds), peeled and thinly sliced
1 medium yellow onion, thinly sliced
2½ tablespoons olive oil
1 teaspoon garlic powder
2 teaspoons kosher salt, divided
¼ teaspoon freshly ground black pepper
12 large eggs
1 cup sour cream
1 cup whole or 2% milk
3 cloves garlic, minced
2 tablespoons finely chopped chives

1. Preheat oven to 375 degrees. Coat a 9x13-inch baking dish with non-stick spray oil or a little olive oil; set aside.
2. Place the potatoes, onion, oil, powdered garlic, 1 teaspoon of the salt, and pepper in a large bowl and toss to evenly combine. Transfer to the prepared baking dish and spread into an even layer. Bake until the potatoes are almost fork-tender, about 45 minutes.
3. Whisk the eggs in a large bowl until well combined and eggs are a bit frothy. Add sour cream, milk, minced fresh garlic, and remaining teaspoon of salt, and whisk well to combine. Pour over the potatoes.
4. Bake until the top is light golden-brown and a knife inserted in the middle comes out clean, about 35 minutes. Let cool for 5 minutes then sprinkle with chives. Serve warm or at room temperature.







making a difference with **MKEing COFFEE**



story & photos by MICHAEL SORENSEN



“WHAT DO YOU REALLY DO HERE IN MILWAUKEE TO MAKE AN IMPACT? WHERE DO YOU START?” THIS WAS THE QUESTION SHERMAN PARK NEIGHBORS, JAROD CRONK AND CHAD JOHNSON, WERE ASKING THEMSELVES NEARLY TWO YEARS AGO. AT THE TIME, JAROD WAS THE PROPRIETOR OF SHAREHOUSE GOODS, A CONSIGNMENT STORE IN WASHINGTON HEIGHTS. HE FELT LIKE SHAREHOUSE HELD MORE POTENTIAL FOR THE DILAPIDATED STRETCH OF NORTH AVENUE BETWEEN 55TH AND 56TH STREETS. THAT’S WHEN ERIC RESCH FROM STONE CREEK COFFEE ENTERED THE PICTURE.



“Eric knows coffee and he knows coffee changes lives,” Chad recalls. “The discussion continued from there and Jarod and I, being neighbors around that time, providentially just started talking, ‘What’s happening at your Sharehouse?’ I was more interested in getting engaged with things in the city and he mentioned Stone Creek’s generosity with assisting and mentoring a brand-new coffee roasting company within the city to make an impact.”

Jarod tells me the idea took off from there. “I’ve always wanted a coffee shop. I’ve lived in a lot of different places, and coffee shops have always been important for my study, important for meetings when I was a youth pastor. It was just a wonderful place where people can connect and just experience life together.”

Both Jarod and Chad felt that the best path to success was by creating their own unique Milwaukee brand of coffee, showcasing all of the city’s diversity and potential. With Stone Creek’s guidance, MKEing Coffee was born (for those wondering how to pronounce the name it’s Making Coffee—ask for it by name!)

It was an idea that took root and grew. “Even in the course of planning the café and our business here on North Avenue, there were about four uninhabited storefronts, except for Tony next door at Sho-N-Out,” Jarod recalls. “Planting here and getting a little life going on the block again, people started getting confident.” Now the 5500 block of North Avenue is bustling with new shops and restaurants bringing people back to the once-thriving neighborhood.

(continued)



Inside his cozy café—and in-between greeting new customers and regulars alike—Chad tells me the change he’s seen in the neighborhood is encouraging. “It’s amazing who crosses through our doors. Politically, from all ends of the spectrum. Socially, all ends of the spectrum, and then just some amazing conversations and businesses that have come about just from people meeting here and having a cup of coffee.” But MKEing Coffee’s mission goes beyond a strong cup of joe and a place to share ideas.

“If you’re a school that wants to do a fundraiser, a restaurant, a café, a grocery store, what have you, we want to supply coffee to folks, because what we do with the profit is make an impact within the city of Milwaukee through job creation, through sharing a profit, and pulling people together.” A large portion of MKEing Coffee’s profits fund employment opportunities for high school students, ex-offenders, or the otherwise job-inhibited people who live in the city and are looking for

a new start. “We’re a for-profit coffee company with a conscience for the city,” Chad likes to tell people.

And it all starts with a conversation. A simple concept that Chad believes can bring a sometimes-divided city back together. “Those barriers we set up for ourselves are really frail. People think they’re strong; ‘There’s no way I can go to that side of town. There’s no way I’ll be accepted there or there’s no way I could collaborate with them’ and then you sit down and just have a conversation and you realize that we’re way more similar than we are different. You’ve got family. I’ve got family. You’ve got concerns with the city, I’ve got concerns with the city.”

Conversations and change percolating over a good cup of coffee.

Local First Spotlight:

TALL GUY AND A GRILL



by DIANA SCHMIDT

TALL GUY AND A GRILL IS A FULL SERVICE, LABOR-OF-LOVE CATERING BUSINESS THAT DAN NOWAK AND HIS STAFF HAVE GROWN IN THE HEART OF WEST ALLIS. THEY PRIDE THEMSELVES ON LOCALLY-SOURCED, MADE-FROM-SCRATCH MENUS AND EXCEPTIONAL SERVICE THAT'S ACCESSIBLE FOR ANY BUDGET. TALL GUY AND A GRILL'S APPROACH TO CATERING APPEALS TO PEOPLE LOOKING FOR A "NON-STUFFY," CASUAL, UNCOMPLICATED AND FUN EVENT.



PEACH SALSA

MAKES ONE QUART



We coaxed Dan into sharing a recipe that would be a showstopper for home entertaining. It's straight off the grill, in true Tall Guy and a Grill fashion. We used one bag of local Michigan Nature Blessed frozen peaches to make this recipe and were happy with the results! Taco 'bout a great salsa, this is great for late spring or early summer parties with chips or a taco bar.

6 peaches (fresh or frozen)
1 red onion, cut in half, onion skins removed
3 tablespoons pickled jalapeño, chopped
2 tablespoons balsamic vinegar
¼ cup cilantro, chopped
3 tablespoons lime juice
1 red bell pepper
Salt and pepper to taste

1. If using fresh peaches, cut in half and remove pit; if using frozen, divide peaches into 3 foil pouches. Grill fresh peaches directly on the grill for 5 minutes to get a good char or grill frozen in the foil pouches, about 10 minutes total to achieve caramelization.
2. Grill bell pepper and onion on both sides, so that they are slightly charred and have grill marks, about 2 minutes per side.
3. Remove peaches and vegetables from the grill and roughly chop. Add jalapeños, balsamic vinegar, cilantro, and lime juice. Stir gently to combine. Season to taste with salt and cracked black pepper.

Tall Guy and a Grill is a member of Local First Milwaukee and winner of their People's Choice Award three years in a row at the annual Food Fright competition. Outpost was delighted to sponsor the award and shine the spotlight on one of the great friends we've made through the organization. Local First Milwaukee is a community of independent businesses committed to preserving Milwaukee's unique character. For more info, visit localfirstmilwaukee.com



FROM SMALL LUNCHES TO LARGE WEDDINGS—OUR FRIENDS AT TALL GUY AND A GRILL ARE WORLD CLASS CATERERS!
WWW.TALLGUYANDAGRILL.COM

Spring **Italian Style**





by LISA MALMAROWSKI
photos by CARA BERKEN

THROW OFF THAT SWEATER, IT'S TIME TO COOK UP A SUNNY DAY IN ITALY. WE PULLED TOGETHER A MENU OF DISHES THAT WORK GREAT TOGETHER IF YOU'RE THROWING A PARTY OR BRUNCH, BUT ARE ALSO ABLE TO STAND ALONE AS AN ENTRÉE OR SIDE DISH FOR ANY SPRING MEAL. MANGIA!

FARRO SALAD *with* ARTICHOKES & FENNEL

SERVES 6-8 *Vegan*

This multi-textured salad can stand in as a main dish, but it works great for picnics and potlucks—it's hearty, flavorful and satisfying. We're showing it as a vegan dish, but if you like cheese we recommend adding some crumbled feta to kick it up a notch. As the salad sits it absorbs the vinaigrette, so you'll need to add more, and it's best served at room temperature.

- 1½ cups semi-pearled farro
- 3½ cups water
- Kosher salt
- ¼ cup extra virgin olive oil, plus more as needed
- 4 tablespoons red wine vinegar, plus more as needed
- 1 teaspoon finely grated lemon zest
- ½ cup black olives, chopped
- Freshly ground black pepper
- 1 cup marinated artichoke hearts
- 1 cup diced fennel (reserve fronds for garnish)
- 1 cup shredded radicchio
- 1, 14-ounce can cannellini beans
- ⅓-½ cup toasted pine nuts, chopped raw almonds, or chopped hazelnuts
- 2 tablespoons fresh basil

1. Rinse the farro under cold water and drain. Bring 3½ cups of water to a boil in a 4-quart pot over high heat. Add ½ teaspoon Kosher salt. Add farro, reduce the heat to a simmer, and cook uncovered, stirring occasionally and adding more boiling water as necessary to keep the farro covered, until tender, about 30-35 minutes. Drain and rinse the farro with cold water to stop the cooking.
2. Transfer the farro to a rimmed baking sheet, drizzle with 1 tablespoon of the olive oil and toss lightly to coat. Spread

the farro on the baking sheet and cool completely at room temperature or in the refrigerator.

3. Add vinegar to a small bowl and gradually whisk in the remaining ¼ cup of olive oil. Whisk in the lemon zest and black olives. Taste and season with salt, pepper, and additional vinegar or olive oil as needed.
4. Place cooked and cooled farro in a large serving bowl and toss to break up any clumps. Add the artichokes, fennel, radicchio, cannellini beans, toasted nuts, basil, and about half of the vinaigrette and toss. Taste and season as needed with more vinaigrette, salt, and pepper. Serve or refrigerate for up to 1 day. If making ahead, bring to room temperature and season with more vinaigrette, salt, and pepper before serving as the farro will soak up the seasonings. Garnish with reserved fennel fronds and basil, if desired.

(our) MENU

- FARRO SALAD with ARTICHOKES & FENNEL
- ITALIAN SPRING PEAS & MUSHROOMS
- TOFU PICCATA with CREAMY POLENTA
- RISOTTO with SPRING ASPARAGUS,
WILD-CAUGHT SHRIMP & LEMON
- VANILLA PANNA COTTA with RASPBERRY COULIS
- the VENETIAN AFFAIR MIMOSA

ITALIAN SPRING PEAS & MUSHROOMS

SERVES 6

Gluten-free • Vegetarian or Vegan with substitutions

If you're like most of us, we usually eat peas with a little salt and pepper, but with a minimal amount of effort, peas can steal the show with the simple addition of a little spice, a little broth, and a few mushrooms.

- 2 tablespoons olive oil
- 1 tablespoon unsalted butter
- $\frac{3}{4}$ cup onion, chopped
- 2 cloves garlic, minced
- 1 pound frozen peas
- 1 cup Crimini mushrooms, sliced
- $\frac{1}{2}$ cup rich broth (chicken, mushroom, or vegetable)
- $\frac{1}{2}$ teaspoon Italian seasoning
- Salt and freshly ground black pepper to taste

1. Heat olive oil and butter in a large lidded skillet over medium heat. Sauté onion and garlic until onion is translucent. Be careful not to burn the garlic. Add the sliced mushrooms and continue to sauté until the mushrooms release some of their liquid and they start to lightly brown and become fragrant. Add the broth, peas, Italian seasoning, salt, and pepper. Cover the pan with lid and cook until peas are tender, about 5 minutes.
2. Serve immediately or keep warm on very low heat until ready to serve.



THE VENETIAN AFFAIR MIMOSA

SERVES 1

This cherry-orange take on a classic mimosa is deeply flavored without masking the delectate taste of prosecco. Make this alcohol-free by using 1 teaspoon of fresh lemon juice instead of liqueur and substituting a spicy ginger ale or sparkling lemon soda for the prosecco.

- 2 tablespoons Good Land Orange Liqueur or other orange liqueur like Grand Marnier
- 2 tablespoons dark black cherry juice
- 2 tablespoons orange juice
- Prosecco Italian sparkling wine

Add liqueur and juices to a Champagne flute or coupe and top off glass with prosecco. Salute!





TOFU PICCATA

SERVES 4

Vegan • Gluten-free



This is a lovely “center of plate” plant-based entrée. If you’re a fan of chicken piccata, you’ll be surprised at how similar this dish tastes. Freezing the tofu changes the texture so it’s denser and more meat-like. Be sure to thaw tofu well and press the block under a heavy weight to coax out the extra water.

- 1, 16-ounce package extra-firm or firm tofu, frozen, thawed, pressed, and cut into 10 thin slices
- ¼ cup tamari or soy sauce
- ½ cup chickpea or chickpea and fava bean flour
- ½ teaspoon salt
- ½ teaspoon pepper
- Olive oil
- ½ medium white or yellow onion, diced
- 2 cloves garlic, minced
- ¼ cup dry white wine
- 1 cup vegetable broth
- Juice and zest of ½ lemon
- 2 tablespoons capers, drained
- ¼ cup parsley, chopped
- Thin slices of lemon for garnish

1. Add tamari to a shallow bowl and the chickpea flour, salt, and pepper to a different shallow bowl.
2. Dredge both sides of each slice of tofu in the tamari, shake off excess then dredge each slice in the chickpea mixture until it’s completely coated and place on a baking sheet.
3. Over medium heat, heat a generous amount of olive oil in a large sauté pan.
4. Arrange the tofu slices in the heated pan, but do not crowd (cook in batches if needed), and cook 3-5 minutes on each side, until they are golden brown. You may need to add more oil as the tofu may absorb it.
5. When the tofu is browned, place back on the baking sheet in a warm oven (200 degrees), while you make the sauce.
6. Using the same pan, add olive oil until you have about 2 tablespoons, then sauté onion for 2 minutes and add garlic. Stir and cook

for 30 more seconds, being careful garlic doesn’t over brown.

7. Add wine to pan and scrape any brown bits that have stuck to the pan. Simmer on medium heat until the wine reduces by half.
8. Add broth and continue to simmer a few minutes longer.
9. Stir in the capers, lemon juice, and lemon zest and then arrange the tofu back into the pan. Let the tofu slices simmer for about 1 minute on each side. Sprinkle with parsley and serve over creamy polenta.

CREAMY POLENTA

SERVES 4

Vegan • Gluten-free

Move over cheese, this polenta is rich, “cheesy” and lighter than its classic counterpart. If you have leftovers, form into patties and chill. They’re great sautéed in a little olive oil and topped with pasta sauce and veggies for a quick lunch.

- 4 cups vegetable or mushroom broth
- 1 cup cornmeal
- ¼ cup unflavored soy milk or other non-dairy milk of your choice
- ½ teaspoon garlic powder
- 3 tablespoons nutritional yeast
- 1-2 tablespoons vegan margarine
- Salt and freshly ground black pepper to taste

1. In a 2-quart saucepan, bring water or vegetable broth to a slow simmer. Stir in the cornmeal.
2. Cook over low heat for 15 minutes, stirring frequently and scraping the bottom to avoid burning the cornmeal mixture. If it starts to clump, add a little water at a time to thin it.
3. When the cornmeal is smooth and thick, stir in soy milk and remaining ingredients—garlic powder, nutritional yeast, vegan margarine, salt, and pepper—before removing the pan from the heat.
4. Serve warm.

(recipes continued)

RISOTTO *with* SPRING ASPARAGUS, WILD-CAUGHT SHRIMP & LEMON

SERVES 4 AS A MAIN COURSE

Gluten-free

Risotto is surprisingly simple to make, and the stirring and adding of broth becomes a gentle meditation. This creamy rice dish pairs well with many flavors, but nothing says spring like fresh asparagus and shrimp with a sparkle of lemon.

- 5 cups reduced-sodium chicken broth
- $\frac{3}{4}$ pound asparagus, trimmed and cut into 1-inch pieces
- 1 small onion, finely chopped
- 4 tablespoons unsalted butter, divided
- $1\frac{1}{4}$ cups Arborio rice
- $\frac{1}{4}$ cup dry white wine
- $\frac{3}{4}$ pound medium shrimp, peeled and deveined
- 1 tablespoon grated lemon zest
- $\frac{1}{4}$ - $\frac{1}{2}$ cup freshly grated parmesan
- 2 tablespoons flat-leaf parsley, chopped

1. Bring broth to a simmer in a medium saucepan. Add asparagus and simmer, uncovered, until just tender, about 4 minutes. Transfer asparagus with a slotted spoon to an ice bath to stop cooking. *RESERVE BROTH* and keep at a low simmer, covered.
2. Cook onion in 2 tablespoons butter with $\frac{1}{4}$ teaspoon salt in a 4-quart heavy saucepan over medium heat, stirring occasionally, until softened, about 5 minutes.
3. Add rice and cook, stirring constantly, 1 minute. Add wine and simmer, stirring constantly, until absorbed.
4. Stir in $\frac{1}{2}$ cup broth and briskly simmer, stirring frequently, until absorbed. Continue adding broth, $\frac{1}{2}$ cup at a time, stirring frequently and letting each addition be absorbed before adding the next, until rice is creamy and tender, but still al dente, about 18 minutes (it should be the consistency of a thick soup). *Note: There will be leftover broth mixture.*
5. Stir in shrimp and cook until just cooked through, 2-3 minutes. Stir in asparagus, lemon zest, remaining 2 tablespoons butter, Parmesan, parsley, and pepper to taste. *Note: If risotto seems too thick you can thin it with some of the remaining broth.*
6. Divide between 4 shallow bowls and serve immediately.



VANILLA PANNA COTTA *with* RASPBERRY COULIS

SERVES 8

Gluten-free

We unabashedly love this old school dessert. It's simple to make and light enough to enjoy after a filling meal. Plus, it's fun. The trick is to use just enough gelatin to hold it delicately together without turning into a rubbery Jello side dish. It's perfect with only fresh berries, but the raspberry coulis sauce lends a fresh, sweet-tart note.

- 1 envelope unflavored gelatin (about 1 tablespoon)
- 2 tablespoons cold water
- 2 cups heavy cream
- 1 cup half and half
- $\frac{1}{3}$ cup sugar
- $1\frac{1}{2}$ teaspoons vanilla extract
- Raspberry coulis—see recipe
- Fresh berries to garnish

1. In a small saucepan sprinkle gelatin over water and let stand about 1 minute to soften. Heat gelatin mixture over low heat until gelatin is dissolved and remove pan from heat.
2. In a large saucepan bring cream, half and half, and sugar just to a boil over moderately high heat, stirring. Remove pan from heat and stir in gelatin mixture and vanilla. Divide cream mixture among eight $\frac{1}{2}$ -cup ramekins and cool to room temperature. Chill ramekins, covered, at least 4 hours or overnight.
3. Dip ramekins, 1 at a time, into a bowl of hot water for 3 seconds. Run a thin knife around edge of each ramekin and invert ramekin onto center of a small plate. Top with raspberry coulis, and garnish with fresh berries and mint or basil as desired.

RASPBERRY COULIS

- $\frac{1}{2}$ cup sugar
- 3 tablespoons water
- 1, 12-ounce bag frozen raspberries

1. Heat the sugar and water in a small saucepan over medium heat, stirring from time to time, until the sugar dissolves completely, about 5 minutes.
2. Put the raspberries and the sugar syrup in a blender and purée.
3. Strain through a fine mesh sieve to remove the seeds. The sauce keeps well, tightly covered, in the refrigerator for 4-5 days and freezes perfectly for several months.





Saw Ray at our State Street location.



reeling in OUTPOST'S FRESH SUSHI

story & photos by MICHAEL SORENSEN

WHILE MOST AMERICAN KIDS GREW UP EATING PEANUT BUTTER AND JELLY SANDWICHES FOR LUNCH, SUSHI WITH GUSTO PRESIDENT, HISAMICHI "FUJI" FUJIMURA, WAS BACK IN JAPAN TUCKING INTO A NICE FATTY PIECE OF FRESH TUNA. "THE YOUNG KIDS HERE JOKE WITH ME ABOUT IT, BUT WHEN I WAS THEIR AGE I WOULD EAT SUSHI ALMOST EVERY DAY." FUJI'S JAPANESE UPBRINGING, LOVE OF FRESH FISH AND HARD WORK PREPARED HIM TO BECOME A WORLD CLASS SUSHI CHEF IN TOKYO. A POSITION THAT, IN TURN, LED HIM INTO THE ORBIT OF THE LATE NICHOLAS JOHN SPIAK JR. WHO WAS GETTING HIS OWN COMPANY OFF THE GROUND HALF A WORLD AWAY IN THE QUIET TOWN OF GREER, SOUTH CAROLINA.

Spiak fell in love with sushi on a trip to Hawaii in the 80's. He brought that love, along with Fuji as his executive chef, back to the states and in 1997 they started Sushi with Gusto (an acronym for Great Ukrainian Seafood Trucking Outfit — G.U.S.T.O. as an homage to Spiak's Ukrainian ancestry), a small catering business selling fresh sushi to clients in what, at the time, was a novel cuisine for most Americans.

FIND SHIZEN SUSHI, SUSHI WITH GUSTO'S ALL NATURAL LINE, IN OUR PREPARED FOOD DEPARTMENTS. THEY USE HIGH QUALITY INGREDIENTS THAT ARE FREE OF ARTIFICIAL FLAVORS, COLORINGS AND PRESERVATIVES. MANY OF THE ROLLS ALSO FEATURE BROWN RICE OR QUINOA.



Spiak sourced the best fish he could get his hands on, and Fuji used his chef skills to make it sing. It was hard work in the beginning but it wasn't until Fuji took an eye-opening trip to a local South Carolina supermarket that Sushi with Gusto's potential would become apparent. "The sushi in the grocery stores twenty years ago did not look good. But this guy at the grocery store was selling twice as much as we were, and I knew our sushi was much better. I thought to myself, maybe we need to get into the grocery side of the business and expand from just catering and selling to restaurants." It was a gamble that paid off as Sushi with Gusto is now in more than 300 stores across the country including Outpost.

In a way Sushi with Gusto is like its own little restaurant inside of Outpost. As State Street sushi chef Saw Ray explains, "This is kind of like our own business. We can run it by ourselves. We can figure out what time we want to come in and what time we want to finish for the day. It all depends on how busy your job is and at what times of the day."

Saw, like many of the sushi chefs in our stores, came to the US from Myanmar (formerly Burma) as an immigrant looking for a new start. It was a bit of serendipity that at the time Sushi with Gusto formed in the late 90's, the company tapped into a large contingent of Burmese (as they are still commonly

referred to) sushi experts. This "Burmese connection" is still going strong today as a sort of word-of-mouth grapevine for Burmese immigrants looking for jobs in the states. Each chef must take a training course at Sushi with Gusto's corporate kitchen in South Carolina where they learn the secret recipes and get a crash course in English.

"I didn't really speak English before I came here. Just a little bit. I've improved a lot in the seven years I've been here. It makes it easier for me to get a job. Before it was really hard. I could only nod and smile. That's the main reason why many Burmese people get the sushi job," Saw explains in English that is far better than my Burmese.

Lermoo Kyaw, who oversees the sushi operations at Outpost's State Street and Bay View locations, also found his job from the "Burmese connection" and knows how important delivering the best sushi experience is to the customer. Everyday, all the sushi you see in our cases has been made fresh, by hand, from these hardworking chefs. "I get the best for the customer. That's what I like," he tells me. "If it's not fresh or I don't make the sushi right I will lose the customer. I want the customer to stay with me and tell me what they like or don't like. When they come back and tell me they like what I've made for them? That makes me happy."

MEATBALLS with MOXIE

THE MOROCCAN SANDWICH YOU NEED IN YOUR LIFE

by LISA MALMAROWSKI
photos CARA BERKEN

IF YOU SEARCH FOR HOT FOOD TRENDS, YOU'LL FIND THAT NORTH AFRICAN FLAVORS ARE ENJOYING A MOMENT. IT'S NO SURPRISE SINCE THESE WARM SPICE BLENDS HAVE BEEN POPULAR SINCE THE WORLD DISCOVERED THEM VIA THE SPICE ROUTE THOUSANDS OF YEARS AGO. WE'VE REMAINED TRUE TO THE ESSENCE OF MOROCCO WITH THESE MEATBALL SANDWICHES, BUT ADDING A ZESTY FRESH-TASTING TOMATO SAUCE AND THEN STUFFING THEM IN BREAD, MAKES THEM DISTINCTLY AMERICAN AS WELL.



MOROCCAN MEATBALL PITA SAMMIES

SERVES 8

We are in love with these—warm, savory with a little spice and rolled in a tomato sauce that's fresh and sweet. Don't let this long list of ingredients dissuade you from trying this recipe—it's mostly assorted spices and you can get just what you need by shopping our bulk spice area. We've rolled these up into sandwiches, but they can easily be served over prepared couscous or rice.

Meatballs

½ cup cubed day-old firm white bread
½ cup milk
1 pound ground lamb, beef or turkey
1 large egg, beaten
1 teaspoon salt
¼ teaspoon black pepper
4 garlic cloves, smashed and finely minced
¼ teaspoon grated nutmeg
1½ teaspoons ground ginger
1½ teaspoons turmeric
2½ teaspoons paprika
¼ teaspoon cayenne
¼ teaspoon ground cloves
½ teaspoon ground coriander
¾ teaspoon ground cumin

2 tablespoons parsley, finely chopped
2 tablespoons cilantro, finely chopped
2 tablespoons scallion, finely minced
All-purpose flour, for dusting
Vegetable oil for cooking

Sauce

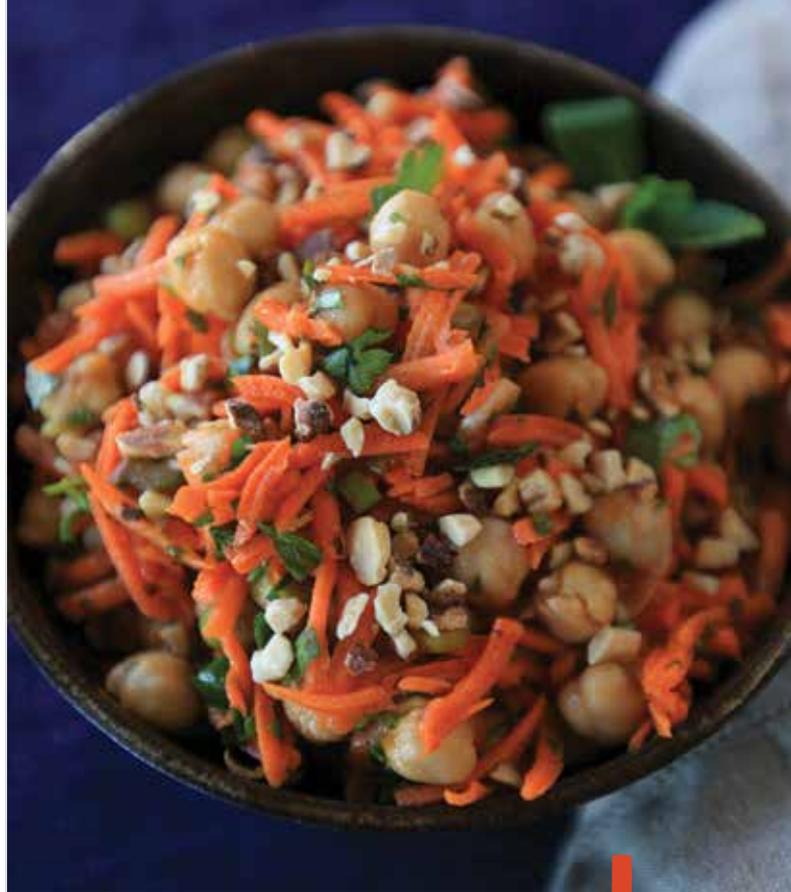
1 large garlic clove
One 15-ounce can fire-roasted diced tomatoes in juice
¼ cup olive oil
3 tablespoons tomato paste
1 small onion, cut into quarters
1½ teaspoons paprika
1 teaspoon cumin
1 teaspoon fresh parsley, chopped
½ teaspoon salt

Sandwiches

6 pita breads
1, 5-ounce package baby arugula or mixed greens
½ cucumber, very thinly sliced into discs
4-6 ounces goat chevré or feta cheese, crumbled
A handful of chopped fresh herbs like mint, parsley, and/or cilantro for garnish

Make the Meatballs

1. Put bread cubes and milk in a small bowl. Leave bread to soak until softened, about 5 minutes, then squeeze dry.
2. Meanwhile, add egg to a small mixing bowl and toss in all of the spices including the garlic, parsley, cilantro, and scallion (but not the flour or oil) and using a mini whisk or fork, mix until well combined into a paste.
3. In a larger mixing bowl add squeezed-out bread, ground meat, and egg/spice paste mixture. The best way to combine the meatball mixture is to knead it with your hands for a minute or two, until well mixed. This can be prepared several hours in advance or up to a day ahead, just cover tightly and refrigerate.
4. With hands, roll mixture into small round balls about the size of a quarter. Then lightly roll meatballs in the flour, shaking off excess. Heat a few tablespoons of oil, about a ¼-inch depth, over medium-high heat and sauté meatballs until barely browned, about 2 minutes per side. Drain and blot on paper towel.



CARROT & CHICKPEA SALAD with HARISSA

SERVES 8

Vegan/Vegetarian • Gluten-free

Make the Tomato Sauce

1. Turn on food processor and drop garlic through feed tube. Process until garlic is chopped. Stop and remove lid, scrape down garlic from sides of processor, and add tomatoes (with juice), olive oil, tomato paste and onion plus 1½ teaspoons paprika, 1 teaspoon cumin, and parsley. Season with ½ teaspoon salt. Process until nearly smooth. *Note: A blender or immersion blender would also work—the goal is to get a fully combined, mostly smooth sauce.*
2. Cook the sauce. Add mixture to a deep skillet with lid that's big enough to fit all the meatballs. Set over medium heat, uncovered and bring to a gentle simmer and cook 2-3 minutes.
3. Lower heat to medium and place par-cooked meatballs into the sauce in a single layer. Swirl or stir gently so all meatballs get coated with sauce, set lid slightly ajar and continue cooking for about 10 minutes, or until meatballs are cooked through. Stir, taste and adjust salt if needed. If sauce is very thick you can add a little water to thin slightly.

Make the Sandwiches

Cut pita bread in half if very large. Layer arugula or mixed greens on the bottom, top with 4-6 meatballs (depending on size) with sauce, add crumbled cheese, cucumber slices, and a sprinkling of fresh, chopped herbs. Roll up and serve.

This is a sunny, sweet-savory side salad that's hearty enough to stand alone as a light entrée. We used a food processor to grate the carrots, but they can be grated using a box grater. Either way, the key is to use freshly grated carrots to capture their delicate sweetness. Harissa, the "ketchup of Morocco," is a blend of mostly peppers and olive oil. If you like spice, add more harissa, and if you don't, look for a mild harissa. This salad is perfect to serve alongside the meatball sandwiches, since it brings a fresh crunch and tangy notes to the meal.

- | | |
|--|--|
| 3 cups freshly shredded carrots | 2 tablespoons fresh lemon juice |
| 1, 15-ounce can chickpeas,
rinsed and drained | 1 tablespoon water |
| ¼ cup fresh parsley leaves,
finely chopped | 1 teaspoon lemon zest |
| ¼ cup fresh cilantro leaves,
finely chopped | 1 tablespoon spicy harissa
paste, or to taste |
| 3 tablespoons fresh mint, finely
chopped | 1 teaspoon honey |
| 2 green onions, chopped | ¼ teaspoon kosher salt |
| 1 teaspoon Dijon-style mustard* | 3 tablespoons olive oil |
| | 2 tablespoons raw almonds,
chopped |

Place all the salad ingredients in a salad bowl. In a small bowl, whisk together the mustard, lemon or lime juice and zest, water, harissa, honey, and salt until well-blended. Then slowly whisk in the olive oil until combined. Pour the dressing over the salad and toss to coat. Garnish with chopped almonds and serve.

**Note: Many Dijon mustards contain egg, so if you're looking for egg-free or vegan, try Annie's Organic Dijon Mustard.*

COMPOST & OUTPOST

OUTPOST'S FULL CIRCLE

COMPOST IS ONE OF THE BEST THINGS YOU CAN USE TO ENHANCE YOUR SOIL, STRENGTHEN YOUR PLANTS' ROOT SYSTEMS, AND IMPROVE WATER RETENTION. IN 2013, OUTPOST BEGAN COMPOSTING EVERY DAY, FOOD SCRAPS FROM OUR CENTRAL KITCHEN, PRODUCE DEPARTMENTS, AND CAFÉS. WE STRIVE TO DIVERT AS MUCH AS WE CAN FROM OUR WASTE STREAM THROUGH COMPOSTING, BECAUSE RECYCLING JUST ISN'T ENOUGH WHEN STRIVING TO REDUCE GREENHOUSE GAS EMISSIONS. OVERALL, OUTPOST KEEPS NEARLY 86% OF ALL WASTE FROM GOING TO LANDFILLS THROUGH THESE EFFORTS.

HELP OUTPOST DIVERT WASTE

Find compost bins in all of our café areas. Next time you dine in, please compost:

- Compostable food service plastics and straws as well as compostable paper cups, meat trays and paper-based food service containers
- Food scraps and leftovers
- Tea bags (paper or natural cloth)
- Paper towels and napkins
- Brown paper bags

COMPOST
COLLECTION



At
Outpost,
we compost
100%
of our food
waste!



OUTPOST
PREPARES
FOOD



FOOD
PRODUCTION



SUSTAINABILITY IS IMPORTANT TO OUTPOST. WE TRACK AND MONITOR OUR SUSTAINABILITY EFFORTS IN 11 KEY AREAS. FIND OUT MORE BY VIEWING OUR SUSTAINABILITY REPORTS ON OUR WEBSITE.

WWW.OUTPOST.COOP/ABOUT/SUSTAINABILITY/SUSTAINABILITY_REPORT

did you know?

THROUGH OUR ORGANIZATION-WIDE COMPOSTING PROGRAM, WE HAVE DIVERTED ALMOST **2,000,000 POUNDS** OF ORGANICS FROM LANDFILLS SINCE APRIL 2013!



COMPOST GETS HAULED BY COMPOST CRUSADER & SANIMAX



COMPOST GOES TO BLUE RIBBON ORGANICS



COMPOST SOLD (AVAILABLE IN BAGS AT OUTPOST)



SOIL AMENDMENT



OUR COMPOSTING PARTNERS

We partner with local companies and organizations to do the composting for us. Keeping it local allows us to better monitor what goes in and what comes out. Another awesome benefit is that Outpost can purchase some of this compost back and make it available to our customers for their gardens. It is as close to a closed-loop system as one can find!

COMPOST CRUSADERS

WWW.COMPOSTCRUSADERS.COM

Locally grown and locally owned, Compost Crusaders is on a mission to divert 50-75% of all waste from landfills. Compost Crusaders picks up at three of Outpost's four store locations, as well as at our co-op's Central Office. They have been a composting partner since 2013.

SANIMAX

WWW.SANIMAX.COM

Sanimax has been picking up compostable materials at our Mequon store since we opened our doors in 2014. Operating across the U.S. and Canada, they might be giants, however, they efficiently haul what we give them.

BLUE RIBBON ORGANICS

WWW.BLUERIBBONORGANICS.COM

Blue Ribbon Organics is a commercial composting facility located in Caledonia, Wisconsin. They exist to provide quality, safe, 100% organic compost—and are OMRI (Organic Materials Review Institute) listed for use in certified organic production. All compostable materials from Outpost are handled at Blue Ribbon Organics. Need bulk compost delivered to your yard or business? Give them a call!



Look for Blue Ribbon Organics bagged compost at your favorite Outpost location. Your garden will thank you.



Up & Coming

Troy Freund Photography



NATIONAL FOOD CO-OP
CONFERENCE MAKES
MILWAUKEE ITS HOME
FOR THREE YEARS

by MARI WOOD

photos MICHAEL SORENSEN



AS ANYONE WHO HAS EVER LIVED IN THE MIDWEST KNOWS, THE LAST FEW GRAY DAYS OF WINTER SEEM TO LINGER INTERMINABLY. GARDEN VEGETABLES WARMING ON THE VINE BEGIN TO SHYLY INCH THEIR WAY INTO OUR THOUGHTS, AND A YEARNING TO BREATHE IN THE EXHILARATING SCENT OF SPRING IS ALMOST UNBEARABLE. IT'S ONLY FITTING THAT DURING THESE LAST FEW DAYS OF WINTER HIBERNATION, FOR THE PAST THREE YEARS MILWAUKEE HAS BEEN HOME TO THE UP & COMING CO-OP CONFERENCE.

Like welcoming back a favorite perennial to your yard, the annually-held Up & Coming Co-op Conference, hosted by the Indiana Cooperative Development Center (ICDC) along with Food Co-op Initiative, has brought a burst of cooperation to our hometown to educate, support and inspire representatives



(Photos: clockwise from bottom)

Pins show locations of each Up & Coming cooperative.

Outpost was presented with the Cooperative Hero Award at the 2019 Up & Coming Co-op Conference. L – R: Jacqueline Hannah (FCI), Pam Mehnert (Outpost), Margaret Mittelstadt (Outpost), Stuart Reid (FCI), Lisa Malmarowski (Outpost) and Deb Trocha (ICDC).

Reception at the Up & Coming Conference at the Hyatt Regency.

The Co-op of Tomorrow button swag.

from currently-forming or newly-opened food co-ops from across the country. Held at the Hyatt Regency in downtown Milwaukee on March 1 and 2, the 2019 conference celebrated Up & Coming's tenth anniversary. With approximately 300 cooperators in attendance, 57 workshops were held by 50 speakers at this year's Up & Coming Co-op Conference.

Originally known as "Up & Coming, Up & Running," the conference was a regional effort organized by ICDC and food co-op, Bloomingfoods in Bloomington, Indiana. With approximately 35 attendees at its first conference, Deb Trocha, Executive Director of ICDC, knew that they had created something that was sorely missing in the food cooperative sector.

"Originally the conference only offered two workshop tracks: 'Start-up' and 'Newly-opened.' Over the past ten years we've revamped the workshop offerings to reflect the many stages of food co-op development," says Deb Trocha. These workshops have included a wide range of topics including finance, board development, marketing and branding, sizing up competition and co-op values.

Though the Up & Coming Conference was successful and growing, its location in Bloomington limited attendance. In 2017 Deb Trocha and Jacqueline Hannah, Assistant Director at Food Co-op Initiative and co-organizer of the conference, decided to move Up & Coming to a larger centrally-located city: Milwaukee, Wisconsin.

"That's when it felt like Up & Coming became a national conference. Milwaukee is a much more accessible city due to its airport, and it is home to Outpost Natural Foods. The Co-op's enthusiasm to help us out with hosting the conference for the past three years has had an impact on the positive attitude that you can feel during the entire conference," says Jacqueline Hannah.



2019 UP & COMING CO-OP CONFERENCE HIGHLIGHTS:

- Approximately 300 cooperators attended the 2019 conference
- Co-ops from Massachusetts to Georgia, California to Alaska, and everywhere in between were represented at this year's conference
- 57 workshops were held by 50 speakers
- Learn more at www.icdc.coop/up-coming-2019

Outpost's General Manager, Pam Mehnert, agrees: "Since many start-up co-ops are located in the Midwest, it only made sense to hold the conference here in Milwaukee. Every community deserves a food co-op and the people behind the scenes at the Up & Coming Co-op Conference are passionately making those dreams a reality."

Not only does the Up & Coming Conference give attendees peer and professional support when it's most needed in a co-op's start-up or newly-opened phases, but it gives the attendees a sense of a cooperative movement. Reciprocal relationships form at the conference when representatives from start-up co-ops have the opportunities to learn from experts at established food cooperatives, and at the same time, attendees from older co-ops have the benefit of being inspired by the organizers from new co-ops who bring fresh and creative perspectives to the world of food co-ops.

"Food co-ops have a unique opportunity to create a community where all are welcome to gather. We hope that attendees of the Up & Coming Conference see that this is what keeps cooperatives vital," says Deb Trocha.

Jacqueline Hannah adds: "So many thanks to Outpost Natural Foods and its co-op owners for their warm welcome to Milwaukee...You have had a direct impact on changing lives and communities around the country!"

OUTPOST GIVES BACK

INTERNATIONAL COOPERATIVE PRINCIPLE 7, CONCERN FOR COMMUNITY, IS PERHAPS THE MOST COMPREHENSIVE COOPERATIVE PRINCIPLE...AFTER ALL, IF THERE ISN'T A CONCERN FOR COMMUNITY, THEN WHAT'S THE POINT OF BEING A COOPERATIVELY-OWNED BUSINESS? AT OUTPOST, WE'RE PROACTIVE WITH OUR GIVEBACK EFFORTS BY FOCUSING ON FOUR IMPORTANT INITIATIVES THAT WE FEEL SUPPORT AND STRENGTHEN OUR LOCAL COMMUNITY.



HUNGER RELIEF

Working with our long-time partner, Hunger Task Force, Outpost continues to support their mission to “prevent hunger and malnutrition by providing food to people in need today” through our Think Outside the Lunchbox summer food drive (runs annually June–August), Buy A Bag for The Hungry fundraising effort (runs annually November–December) and Milk Money program (runs year-round) that supports free milk vouchers distributed through food pantries near Outpost store locations.

www.hungertaskforce.org

COOPERATIVE DEVELOPMENT

In 2006, Outpost Natural Foods and the Twin Pines Cooperative Foundation joined forces to establish the Outpost Co-op Community fund. This fund supports the development of co-ops nationwide. Today, Outpost’s endowment fund is over \$105,000 strong and the earned interest is given back annually to our community through the donation of those funds to local non-profit organizations.

www.community.coop

ENVIRONMENTAL & AGRICULTURAL SUSTAINABILITY

Outpost supports organizations that are creating long-term sustainability and agriculture policies. The interest earned from Outpost’s Co-op Community Fund is the financial catalyst behind this effort. The recipient of this year’s donation is local non-profit, Teens Grow Greens!

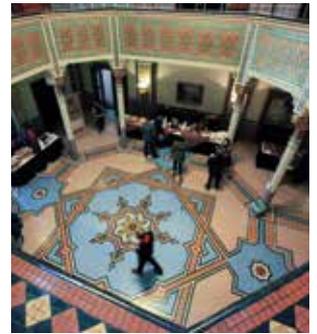
www.teensgrowgreens.org

VOLUNTEERISM—GROWING STAFF & OWNER PARTICIPATION

Local non-profits have been tasked with trying to solve some of society’s most challenging problems. In addition to that, many organizations are being hit hard by disappearing funding at the local, state and federal levels. Outpost extends a helping hand through our new volunteer program, Co-op Helping Hands. Watch for volunteer opportunities announced throughout the year.

Pictured (top to bottom) 1) Outpost presents a check to Hunger Task Force for \$10,376; the amount raised by Outpost shoppers during the Think Outside the Lunchbox summer food drive in Summer 2018. 2) A store tour was given to visitors from Clipper City Co-op, a start-up food cooperative from Manitowoc, WI, at Outpost’s Mequon location. 3) Teens Grow Greens at Weber’s Greenhouse on North Green Bay Avenue.

CHECKOUT



WHEN . **FEBRUARY 17, 2019**
WHAT . **OUTPOST'S ANNUAL MEETING OF OWNERS**
WHERE . **TRIPOLI SHRINE CENTER**

CATERING *from* OUTPOST NATURAL FOODS

Leave the cooking to us.

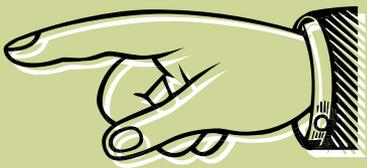
Leave the cooking to us.

have more fun!



organic, local, seasonal produce
all-natural or organic meats
organic, local eggs & dairy

We concentrate on the *quality* of our ingredients



We take *pride* in supporting local farmers & businesses

We offer a *delicious* selection for special diets

And we never use artificial colors, flavorings or preservatives.

*vegetarian
vegan
gluten-free*

In fact, we make our menu items *from scratch*

using fresh, all-natural & wholesome ingredients



www.outpost.coop

Place your order today!
Contact our catering department
call 414.755.3202 ext. 452 or
email a.spangler@outpost.coop