

# GRABZIE

AROUND THE KITCHEN TABLE WITH OUTPOST NATURAL FOODS CO-OP

OUTPOST  
GOES TO PERU  
WITH EQUAL  
EXCHANGE

PAGE 16

WARM UP  
WINTER WITH  
TROUBADOUR  
BAKERY

PAGE 26

APRÉS-SKI  
EATS

PAGE 20

PLU 3010  
WINTER 2020  
FREE WITH ANY PURCHASE



## FIRST WORD.



## 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.

RIGHT AFTER THE BALL DROPS IN TIMES SQUARE, THE ADS BEGIN, AS THE WORLD PUSHES US TO KEEP OUR NEW YEAR RESOLUTIONS. WHILE CLEARING THE CLUTTER OR SLEEPING MORE ARE COMMON WISHES; WHAT WE EAT, WHEN WE EAT, AND HOW WE EAT BECOMES A TOP RESOLUTION FOR MANY. COLLECTIVELY, AMERICANS SPEND MORE THAN 60 BILLION DOLLARS A YEAR FUNDING THE DIET INDUSTRY. FROM BOOKS TO PLANS AND FROM APPS TO DIET SUPPLEMENTS, THERE ARE A LOT OF WISHES TO CASH IN ON FOR THE INDUSTRIAL DIET COMPLEX.

Here at Outpost, we've been selling natural and organic foods for nearly 50 years. In our early days, when a small group of folks owned the co-op, we favored a "clean" way of eating that cut out additives and focused on primarily plant-based foods. We didn't even sell coffee or chocolate back then because they weren't "good for you." We were sure our way of eating was the right way and we shared our beliefs with anyone that would listen and believed we were telling it like it is.

But something funny happened along the way as we grew. As more people started shopping at the co-op and became owners, they began to ask their grocery store to carry the things they loved. While some wanted to eat primarily a vegetarian diet, they sometimes chose meat or seafood, and they wanted to know where those foods came from. So over time, we came to understand that the act of eating is personal, cultural and social, and we found a way to stay true to our founding principles of offering wholesome, natural foods, free of additives and ideally organic. We left the "shoulds" behind to meet people where they are.

So, you won't find big displays of the latest diet books or supplements in our stores. This magazine won't be filled with low calorie recipes or those touting the latest diet plan, but instead, a variety of recipes that we hope will inspire. Here's why – we trust you to make the right decisions for your health and happiness. We believe that food is first and foremost about culture and community. We believe that choosing local, natural and organic has more impact on one's health and the health of our planet than any diet book could ever hope to achieve.

So, eat the chocolate\*, or don't – it's all up to you.

Happy New Year!

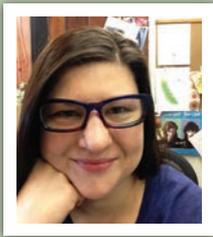
LISA MALMAROWSKI  
Director of Brand & Store Development

*\*Check out our feature on how one of our favorite chocolates is produced on page 16.*

GRAZE@OUTPOST.COOP



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*i am* **CARA BERKEN.**

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

*i am* **HANNAH EVANS.**

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



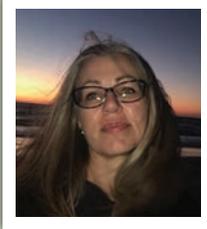
*i am* **LISA MALMAROWSKI.**

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



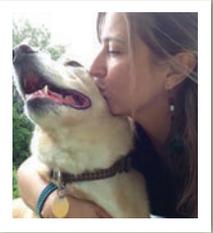
*i am* **MARGARET MITTELSTADT.**

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



*i am* **DIANA SCHMIDT.**

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



*i am* **MICHAEL SORENSEN.**

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



*i am* **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.*



*i am* **JOE LAEDTKE.**

*As a proud Milwaukeean, I use photography to capture the essence of the food, people and places that make up this home I love. Formerly the Art Director of Edible Milwaukee for four years, I continue to shoot a number of Milwaukee area publications and businesses.*



# - GRAZE.

A QUARTERLY PUBLICATION OF  
OUTPOST NATURAL FOODS COOPERATIVE

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*have more fun!*

# CATERING from OUTPOST NATURAL FOODS

simple | casual | delicious

We offer a

*delicious*

selection for special diets

vegetarian • vegan • gluten-free

We concentrate  
on the

*quality*

of our  
ingredients

• organic, local,  
seasonal produce

• all-natural,  
organic meats

• local eggs & dairy

In fact,  
we make our menu items

*from scratch*

using fresh, all-natural &  
wholesome ingredients



Contact 414.755.3202 ext.452 or email [a.spangler@outpost.coop](mailto:a.spangler@outpost.coop)

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



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(you'll)

# SWOON!



## STELLA'S PASTIES

A EUROPEAN TRANSPLANT MADE FOR THE UPPER MIDWEST

The pasty (which rhymes with nasty – but is anything but) doesn't get enough love here in Wisconsin. Originally from across the pond, as they say, these hand-held meat pies became the ideal meal for miners since they were self-contained, packed with calories and were easy to keep warm. Those Cornish miners made their way to Michigan in the 1840s and they brought their pasties with them, making them a super Yooper staple ever since. Stella's Pasties, out of Appleton, keeps this history alive by making their meat pasties in the old-style Upper Michigan way with beef, carrots, potatoes, onions and the traditional (some would say essential) rutabaga tucked into an unbelievably delicate, rich pastry. To eat in true Yooper fashion, smother with good ketchup (or gravy if you must). They also have an all-vegetable version so vegetarians can get in on this savory pie action!



## GOOD CULTURE ORGANIC WHOLE MILK COTTAGE CHEESE

THERE'S A NEW HIGH PROTEIN NOSH IN TOWN!

Tired of that daily yogurt? Yeah, we are too. That's why we are delighted to discover these little yogurt-sized containers of dreamy, creamy cottage cheese. Active cultures, super high in protein (three times the protein of standard yogurt!), and best of all: dense, rich and luxurious – not watery like some cottage cheese can be. We're grooving on the plain because we can dress it up real fancy-like by adding a dollop of jam or a handful of berries or make a savory snack of it by adding some freshly ground nuts and a little pop of nutritional yeast. You'll never frown at cottage cheese again after indulging in this healthy treat.

THINGS WE LOVE.



## BETTER WAY FARMS COLD PRESSED ORGANIC BLUEBERRY JUICE

SUMMER IN A BOTTLE!

You've got the oranges and the grapes and the tomatoes and all of the other usual "Big Juice" suspects but we'd like to take a minute and introduce the unsung and rarely gulped blueberry juice. Straight from Better Way Farms on the other side of Lake Michigan this organic cold pressed juice is made and bottled lovingly by hand and is packed full of antioxidants, vitamins and sweet, summery blueberry flavor. Blueberry season might only last for six weeks in late summer, but thanks to this delicious juice you can sip on those hazy days of late July while nature hibernates. Great on its own, in smoothies or a surprising addition to whatever adult concoctions you can come up with.



CO-OP  
MADE

### CO-OP MADE TUNA PASTA SALAD

A COMFORT FOOD CLASSIC WITH A TWIST

Chances are you grew up with some version of tuna pasta salad. Maybe it was grandma's recipe or something mom made for a weekend picnic. Well, no disrespect to our betters here, but we think our tuna pasta salad can stand shoulder to shoulder with the greats. We start with some plump rotini pasta that's full of little swirly nooks and crannies for all of the canola mayo to cling to, and then we add skipjack tuna, organic peas, celery, carrots and onions. What sets our tuna pasta salad apart from the traditional recipes is some lightly blanched organic broccoli that adds just the right amount of crunch, texture and bite (it's probably good for you too, but the little ones don't need to know that).

### INESSENTS CBD INFUSED BATH SALTS

SEASON LIBERALLY  
WITH BATH SALTS!

These are the months that try a Wisconsinite's soul. Frigid walks to start a cold car, pulled muscles from another snow dump and a lingering chill that overstays its welcome until May. Fortunately, we've got a recipe for curing the late winter blues and its main ingredient is...salt! Bath salt that is. Inesscents CBD infused bath salts contain a high potency CBD extract along with organic essential oils that will transport you someplace warm and inviting as you soak away winter's grip. Just dissolve four ounces in a hot bath, turn down the lights, spark up a candle and keep telling yourself spring is just around the corner. Available in unscented, lavender and eucalyptus to match your salty cravings!



### ONCE AGAIN AMORÉ ORGANIC HAZELNUT SPREAD WITH MILK CHOCOLATE

SPREAD THE LOVE!

Ah, hazelnut spreads...is there anything more perfect? It's one of those things that – if society didn't frown on it – we'd eat right out of the jar by the handful. But since we're civilized, we'll settle for spreading some on a nice warm piece of bread with a cheeky cup of tea. Once Again Amoré Organic Hazelnut Spread is a great source of antioxidants, fiber, protein, Vitamin E, and unsaturated fats and has the added benefits of being made with organic and fair-trade ingredients from our friends at Once Again Co-op (originally from Madison to boot). Try spreading a generous schmear of Amoré on a plain tortilla with a handful of bananas – roll it up and fry it in a little butter and voilà...instant dessert!



# (Mediterranean) two ways

SOMEWHERE ON A SUN-DRENCHED COURTYARD OFF THE COAST OF GREECE, WIND CHIMES LAZILY PING A HARMONIC TUNE, WHILE A HONEYBEE ZIPS AND BUMPS ABOUT A TRELIS ROSE BUSH. WELL, WE MIGHT NOT BE LIVING NEXT TO THE MEDITERRANEAN SEA, HOWEVER, WE CAN TRAVEL THERE THROUGH THE FOOD WE EAT.

The flavors of the region are endlessly rich and varied and include ancient cuisines from Egypt, Spain, Turkey, Lebanon, France, Italy, Israel, Tunisia and Morocco – just for starters. So think seafood, olives and oils, herbs and spices, whole grains and fresh produce. These two recipes are just the beginning. Chart a culinary course and enjoy!

## BALELA SALAD PITA POCKETS

SERVES 6-8

*This cool, crunchy salad is as easy as a warm breeze on a balmy seaside day. Think fresh as you sink your teeth into this super easy, flavorful and oh, so healthy, pita sandwich. English cucumbers have a tender outer skin that you can leave on, adding lots of color, texture and green nutrients. If using regular cucumbers, peel first. Fresh mint lends a sweet herbal brightness.*

- |                                                      |                                                 |
|------------------------------------------------------|-------------------------------------------------|
| 2 (14-ounce) cans garbanzo beans, drained and rinsed | ¼ cup fresh parsley, chopped                    |
| 1 (14-ounce) can black beans, drained and rinsed     | 1 teaspoon lemon zest                           |
| 2 firm Roma tomatoes, seeds removed and diced        | 3-4 tablespoons olive oil                       |
| ½ red onion, diced                                   | Juice of 1 large lemon                          |
| ½ English cucumber, diced                            | Salt & fresh cracked pepper, to taste           |
| 3 cloves garlic, minced                              | 3-4 round pita breads, halved to make 2 pockets |
| 2 tablespoons fresh mint, chopped                    | Prepared hummus                                 |

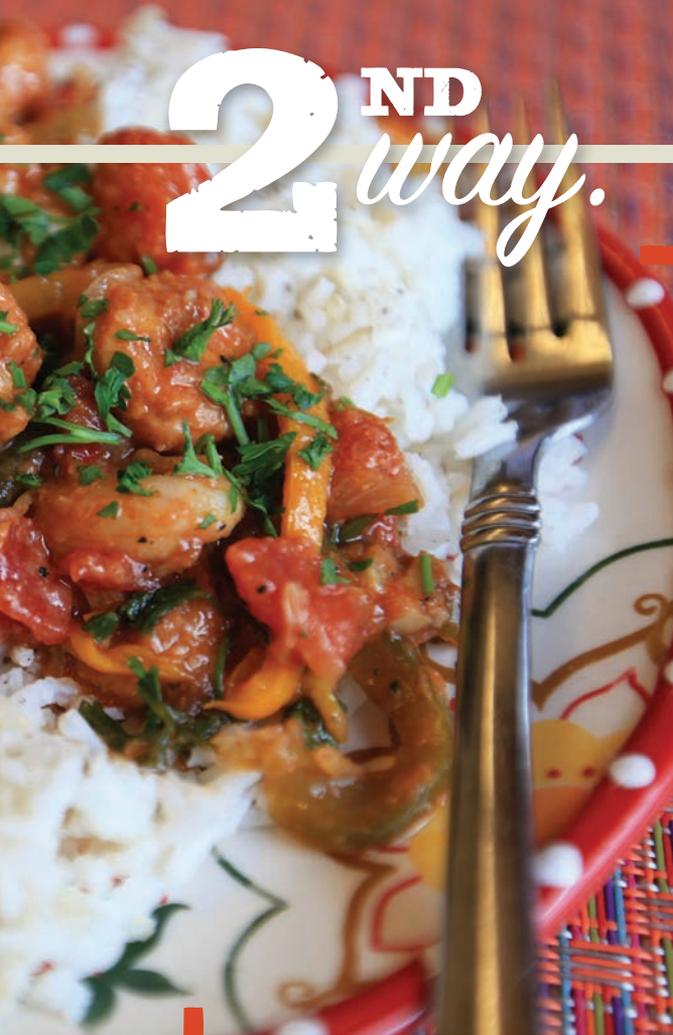
1. In a large mixing bowl, combine the garbanzo beans, black beans, tomatoes, onion, cucumber, garlic, mint and parsley. Add the lemon zest, olive oil, lemon juice, salt and pepper. Mix well to combine.
2. Spread the inside of half of a pita pocket with hummus. Add the salad and top off with a bit more hummus. Garnish with chopped mint.
3. Any leftover salad can be kept in an airtight container in the refrigerator for up to 5 days.

*Pro tip! Change this pita sammy into an appetizer in a snap. Cut the pita bread into smaller triangles, spread on a little hummus and scoop a spoonful of salad onto each. Top with a chiffonade of fresh mint.*



# 2<sup>ND</sup> way.

by MARGARET MITTELSTADT  
photos MICHAEL SORENSEN



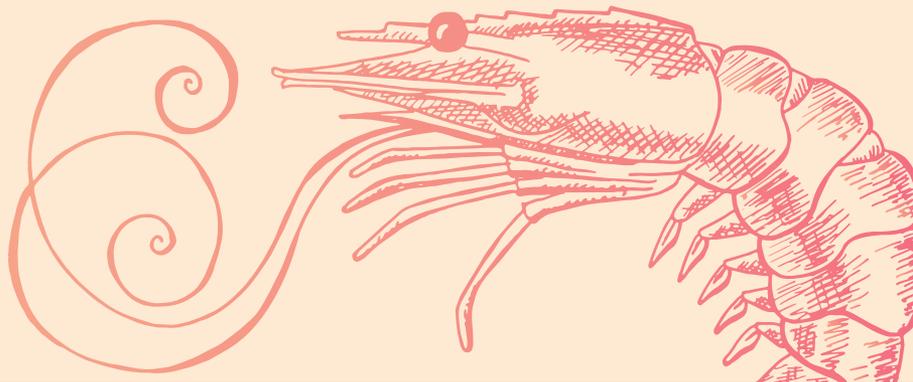
## EASY MEDITERRANEAN SHRIMP

SERVES 4

*Smoky, aromatic spices give this easy stove-top skillet dish its signature Mediterranean flavor and flair. While we offer a quick how-to for cooked rice, feel free to zazzle it up even more by substituting your favorite fragrant Middle East-inspired rice recipe. You're the captain of this ship!*

2 cups cold water	3 tablespoons extra-virgin olive oil
1 cup uncooked basmati rice, or other long grain rice	3 shallots, thinly sliced
1¼ pounds raw shrimp, peeled and deveined (if frozen, thawed)	4 garlic cloves, chopped
1 tablespoon all-purpose flour	½ green bell pepper, sliced
2 teaspoons smoked paprika	½ yellow bell pepper, sliced
½ teaspoon each salt & pepper	1 cup canned diced tomato
½ teaspoon ground coriander	½ cup chicken or vegetable broth
¼ teaspoon cayenne	2 tablespoons dry white wine
¼ teaspoon sugar	2 tablespoons fresh squeezed lemon juice
1 tablespoon butter or ghee	⅓ cup parsley leaves, chopped

1. Add water to a saucepan and bring to a boil. Add the rice, return to boil and then reduce heat all the way to low. Cover and let steam for 20 minutes. Remove from heat, fluff rice grains with a fork, place cover back on and set aside.
2. Rinse shrimp under cold water, pat dry and place in a large bowl. Add flour, paprika, salt and pepper, coriander, cayenne, and sugar. Toss until shrimp is well-coated. Set aside.
3. In a large heavy bottomed or cast-iron skillet, melt the butter with the olive oil over medium/medium-high heat. Add shallots and garlic. Cook for 2-3 minutes, stirring regularly, until fragrant (being careful not to burn the garlic). Add bell peppers. Cook another 4 minutes or so, tossing occasionally.
4. Next, add the shrimp. Cook for 1-2 minutes, stirring occasionally. Add the diced tomatoes, broth, white wine and lemon juice. Cook for another 4-5 minutes or so on medium-low heat until shrimp is cooked. Stir in chopped fresh parsley.
5. Serve immediately along with the rice.



# (our) TABLE OF CHOCOLATE

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

## Be

BEVERAGES



**FLAVOR.** TASTY, SWEET  
**USES.** KID-FRIENDLY – PRE-MADE

## Wh

WHITE



**FLAVOR.** MILD, MILKY TASTE  
**USES.** BAKING, SNACKS

**C**HOCOLATE AS WE KNOW IT TODAY HAS COME A LONG WAY FROM ITS MESOAMERICAN ROOTS. BACK IN 450BC, IT WAS A BITTER, FERMENTED DRINK. WHEN IT ARRIVED IN EUROPE IN THE 16TH CENTURY, FOLKS ADDED A LITTLE SUGAR OR HONEY TO CUT THE BITTERNESS, AND THE REST, AS THEY SAY, IS HISTORY.

In no time, chocolate became beloved around the world and the myriad of ways to enjoy expanded to everything from snacks to skin care items. High in antioxidants, chocolate

## Hc

HOT COCOA



**FLAVOR.** CREAMY  
**USES.** CLASSIC HOT CHOCOLATE, DESSERTS

## Mi

MILK



**FLAVOR.** CREAMY, CONTAINS MILK  
**USES.** SNACKS, BAKING

## Ra

RAW



**FLAVOR.** MINIMALLY PROCESSED  
**USES.** SNACKS

## Me

MEXICAN



**USES.** HOT OR COLD DRINKS, DESSERTS

## Dr

DRINKING



**FLAVOR.** ULTRA RICH, BOLD  
**USES.** SPECIAL OCCASIONS

## Dk

DARK



**FLAVOR.** SHARP, BITTER, FRUITY  
**USES.** SNACKS, BAKING

## Ni

NIBS



**FLAVOR.** RAW, DARK CHOCOLATE  
**USES.** BAKING, SMOOTHIES

## Ns

NO SUGAR



**FLAVOR.** NON SUGAR SWEETENED  
**USES.** LOW CARB, BAKING

VARIETY IS THE SPICE OF LIFE  
 S THE SPICE OF LIFE  
 PICE OF LIFE VAR

is purported to provide health benefits like lowering cholesterol, preventing cognitive decline and reducing the risk of cardiovascular events, among other things. Look for very dark chocolate because the cocoa content, and therefore, antioxidants will be the highest.

**Co** COCOA BUTTER



**FLAVOR.** VERY MILD & CREAMY  
**USES.** SKIN CARE, COOKING

**Bk** BAKING



**FLAVOR.** BITTER, DARK, UNSWEETENED  
**USES.** BAKING, SAVORY COOKING



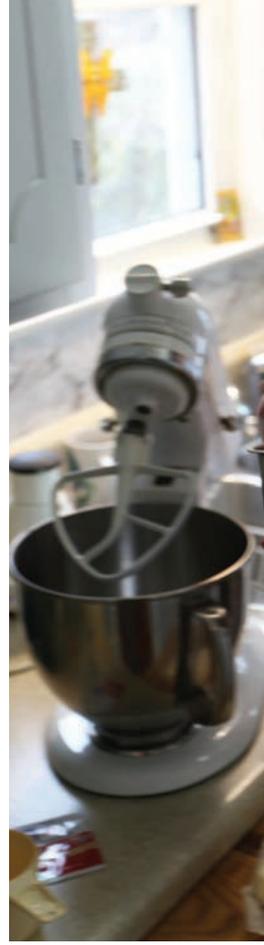
**TABAL CHOCOLATE**  
 THE CHOCOLATE MAKER  
 OF MILWAUKEE



A lifelong chocolate lover, Dan Bieser set out to create the best chocolate imaginable from bean to bar. Using only the highest quality single origin cacao beans that are traded directly from farmers he's met and formed relationships with in Central America, Tabal chocolate is made by hand at his fragrant shop in Wauwatosa. That's where Dan and his employees sort their single origin cacao beans, roast and winnow them in a custom-made machine and then stone grind the cacao nibs for three days. It's a long process that results in some of the best vegan, gluten free, soy free chocolate made with organically grown cacao beans, in Milwaukee. And, for Tabal, it all starts with the farmer.

"We want to make the world a better place and to do that, you have to give the farmer a fair price. When you have a big company that's not paying the farmer a fair price those farmers essentially are like slaves to these big corporations. So, we pay an above-market rate. We pay it direct to the farmer so they're not losing money. If you want to support fairness in the world, fair trade, organic farming and high-quality food that's minimally processed and flavorful, this is the best way to do it." For Dan, it's a true labor of love that's led to Tabal's sweet success.





# FAMILY *traditions*.....

story and photos by MICHAEL SORENSEN



**T**HE “PASSING OF THE ROLLING PIN” CAME AFTER A MARCH MATHON DAY OF CHRISTMAS STOLLEN BAKING FOR ANNE WICK. SHE HAD JUST SPENT A DAY MAKING THIRTEEN STOLLERNS FOR SOME FRIENDS WHO’D NEVER HAD THE PLEASURE OF BITING INTO THIS RICH, YEASTY GERMAN BREAD.

“My mother said they were the most beautiful stollens she had ever seen in her life, so she takes this rolling pin and says, ‘come here and kneel down.’ I jokingly thought, ‘oh no, she’s going to clobber me.’ So she takes this rolling pin, which was my great grandmother’s, and she knighted me the fourth-generation baker of the family, as a rite of passage.”

For Anne, it was a moment she would never forget since she’s spent her life looking up to, and watching her mother pull off small cooking miracles every day in their cozy Cedarburg home’s kitchen. “I’m so glad I got to tell her many times ‘Mom, I admire you. I don’t know how you did it.’”

Recently Anne’s mother, Rita Bert, passed away, but when the oven’s on and there’s flour on the cutting board she might as well be standing right beside her. “I loved to watch my mother bake as a kid. We all did. She baked, baked, baked, baked every day. Every day she was making something.”

Anne carries that tradition forward with an impressive repertoire of passed down family recipes, like her fourth-generation rolling pin, from their great grandmother, Mary Fleck. The family even has a cookbook that’s handed out to family members, to keep those traditions alive such as making her great grandmother’s Butterhorns (shared outside the family for the first time right here in Graze!) or making her own jams and jellies. “Last year I made about 280 jams, this year I only did about 176,” Anne says. She always tries to have

fun in the kitchen and that includes belting out the hits while she bakes.

“I sing just about anything. Sometimes I’ll belt out a tune with Andrea Bocelli, I’ll sing Abba, Ray Charles, a little disco, Cat Stevens...I must know every word to *Jesus Christ Superstar*. Frank Sinatra. You name it, I’m singing it,” she confesses. “I absolutely love baking. I love to play music and sing at the top of my lungs when I’m baking. It’s a form of therapy... and it’s fun. I’m honoring my ancestors. I come from a long line of strong, beautiful women and when I use that rolling pin, I can feel that spirit being passed down to me.”

Another tradition we witnessed was Anne blowing a kiss to everything that went into the oven and saying, “I love you. Bake up nice.” So she can always say her bakery is made with love.

Surprising as it may sound, Anne’s bakery relies on recipes, but also on memory and feel. Everything is a “schniblet” of this or a “schlep” of that, since that’s the way she learned from her mom – something she’s thankful for and something she thinks is an important part of family.

“Get your kids started young in the kitchen. Even if it’s a flop. Even if it’s a mess, you’re going to make memories. I absolutely cherish the time I watched my mother bake.” And now those old German recipes are being shared with a whole new audience.

*(recipes following)*



## GREAT GRANDMA'S BUTTERHORNS

MAKES 16

*These flaky, buttery confections are a real treat. They were always made using chopped walnuts and glazed with a tart icing, however, both can be optional, depending on your tastes. Butterhorns make for a heavenly breakfast with coffee and fresh fruit.*

- 1 packet active dry yeast
- ¼ cup warm water
- 1 teaspoon granulated sugar plus ½ cup
- 2 cups unbleached all-purpose flour
- ¼ teaspoon salt
- 1 cup butter, softened to room temperature
- 1 large egg plus 3 eggs separated, reserving whites and yolks
- 1½ teaspoons cinnamon
- ½ cup walnuts, chopped (optional)

### Icing (optional)

- 1 cup powdered sugar
- ½ teaspoon fresh squeezed lemon juice
- 1-2 tablespoons milk

1. Preheat oven to 375 degrees.
2. Dissolve packet of yeast in warm water with 1 teaspoon sugar. Set aside for 10 minutes.
3. In a mixer, mix together flour, salt and butter.
4. In a separate bowl, beat together one large egg and three egg yolks until smooth. Add yeast and egg mixture to the flour mixture. Blend until well mixed. Dough will be soft, yet sticky. Divide into two halves and set aside.
5. To prepare the filling, beat egg whites until stiff. Add ½ cup of sugar, cinnamon and nuts to thoroughly incorporate. Set aside.
6. To roll out the dough, make sure the surface of the counter and the rolling pin are well coated with flour. Roll each dough ball into a circle approximately ⅛-inch thick. Use a knife or pizza cutter and score eight pie-shaped wedges.
7. Spread egg white mixture evenly on top. Sprinkle with any extra chopped nuts.
8. To make the horn, roll up each pie-shaped wedge from big end to small end: Start with the big end and using your fingertips gently roll up the piece toward the center point. Place on a baking sheet lined with parchment, with the point tucked underneath. Shape into a slight crescent. Repeat with the remaining wedges.
9. Bake for 20 minutes, until slightly golden brown on the top. Transfer butterhorns to a wire rack and let cool completely.
10. To make the icing, combine all ingredients in a bowl. Using a spoon, drizzle over cooled butterhorns. Let stand for 15 minutes before serving.

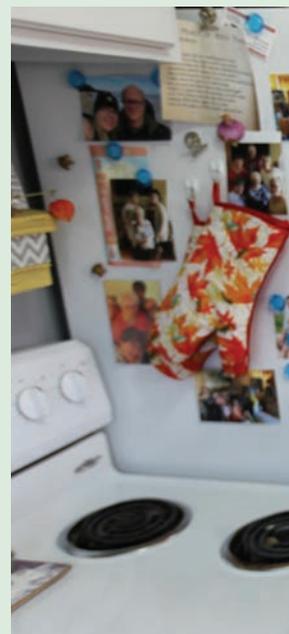
## CRANBERRY ORANGE BUTTERMILK SCONES

MAKES 8 SCONES

*When you have a solid base recipe for buttermilk scones, the sky's the limit as to what you can add. A favorite combination is cranberry with orange. Go rogue and try something savory like bacon and fresh herbs. The trick with making light, airy scones is to not over mix the dough. Substitute the egg-white wash with a wash of melted butter for that really buttery flavor.*

- ⅔ cup buttermilk
- 1 egg plus 1 egg white
- 3 cups unbleached all-purpose flour
- ½ teaspoon baking soda
- 4 teaspoons baking powder
- ¼ teaspoon salt
- ½ cup butter, cold and cut into pieces
- 1 cup fresh cranberries, cut into halves
- ½ cup granulated sugar
- 1 teaspoon fresh grated orange peel
- 1 cup chopped walnuts

1. Preheat oven to 375 degrees.
2. Add buttermilk to a small mixing bowl. Using a fork, beat in one egg.
3. In a large mixing bowl add all dry ingredients and mix together using a wire whisk. Add the chilled butter, and using a pastry blender or two forks, incorporate butter into the flour until the mixture forms small, even crumbs.
4. Add cranberries, sugar, orange peel and nuts. Toss lightly to distribute evenly. Add buttermilk mixture and blend into a soft dough. It may be a bit sticky.
5. Turn dough out onto a floured surface. Divide into two halves. Form each half into a ball. Cut each ball into four wedges.
6. Transfer wedges to a parchment lined baking sheet. Press down slightly on each to make a triangle. Brush tops with egg-white wash.
7. Bake 20-25 minutes, until lightly golden brown on top. Remove from oven and transfer to a wire rack to cool.
8. Once cooled, drizzle with icing (see Butterhorn recipe), if desired.





GREAT GRANDMA'S BUTTERHORNS



## FRUITY CHOCOLATE BISCOTTI

MAKES APPROXIMATELY 28

*Biscotti are made for dunking! Perfect with coffee or tea, the warm liquid transforms this hard biscuit-like cookie into a warm, chewy, decadent delight. Wrap up a few biscotti in a special cellophane bag along with a box of tea for a lovely gift.*

- 2½ cups unbleached all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1½ cups granulated sugar
- ½ cup butter, room temperature
- 2 eggs plus 1 egg white
- ½ teaspoon vanilla
- 1½ cups dried fruit, chopped (we used ½ cup of chopped apricots and 1 cup of raisins; other dried fruits like cherries or blueberries could work, too)
- ½ cup white chocolate chips
- Milk chocolate chips for drizzle (optional)

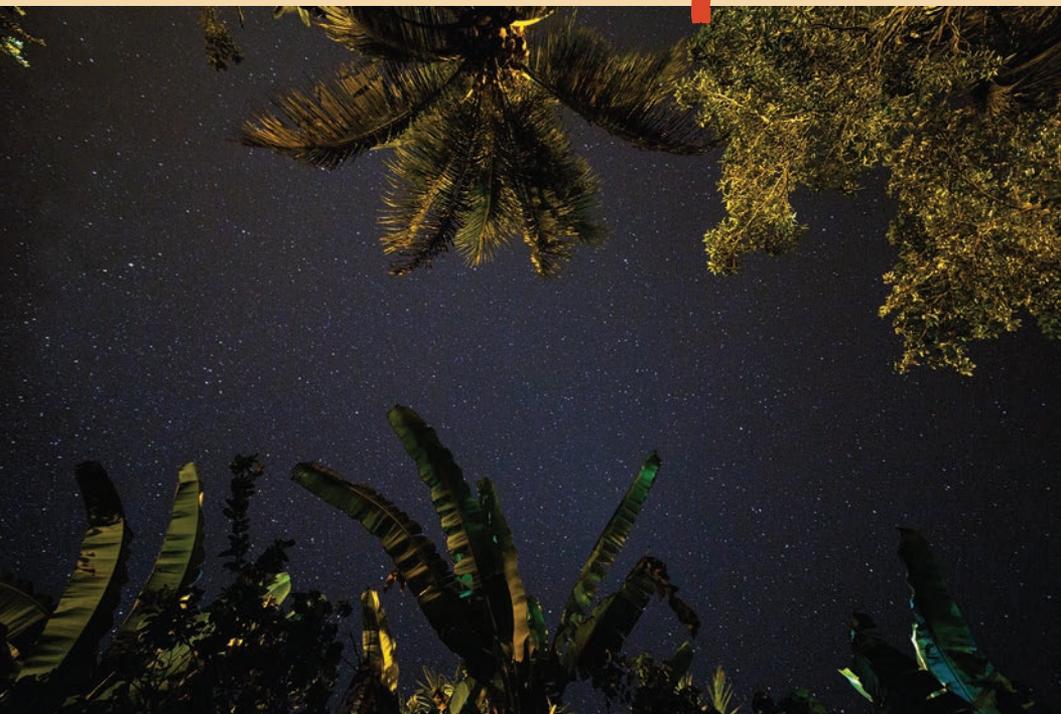
1. Preheat oven to 350 degrees.
2. Combine flour, baking powder and salt in a large mixing bowl. Whisk to blend. Set aside.
3. Using a mixer, in a large bowl cream together sugar, butter, 2 eggs and vanilla. Add flour mixture and blend together until well-incorporated. Using a spoon, fold in dried fruit and white chocolate chips.
4. Turn dough out onto a floured work surface. Coat hands in flour and shape each dough ball into a 1-inch high log that is 4-inches wide by 10-inches long. Transfer both logs to a parchment lined baking sheet. Space evenly.
5. Whisk egg white in a bowl until frothy. Brush the tops and sides of each log with the egg whites.
6. Bake for 35 minutes or until golden brown. Remove from oven and let cool completely on the baking sheet. Keep oven at working temperature.
7. When cooled, transfer each log to a work surface. Using a serrated knife, cut each log on the diagonal into ½-inch slices. Arrange slices cut side down on the baking sheet. Bake for 10 minutes. Turn biscotti over onto the other cut side and bake for another 5 minutes.
8. Remove from oven and transfer to a cooling rack. Let cool completely.
9. Melt the milk chocolate chips in a microwave for 20 seconds at a time, stirring each time, until chocolate chips have fully melted, but not cooked. Drizzle chocolate over the cooled biscotti. Allow to cool completely before serving.



CRANBERRY ORANGE BUTTERMILK SCONES



FRUITY CHOCOLATE BISCOTTI





# Raising the Bar

story by MICHAEL SORENSEN  
photos courtesy of EQUAL EXCHANGE

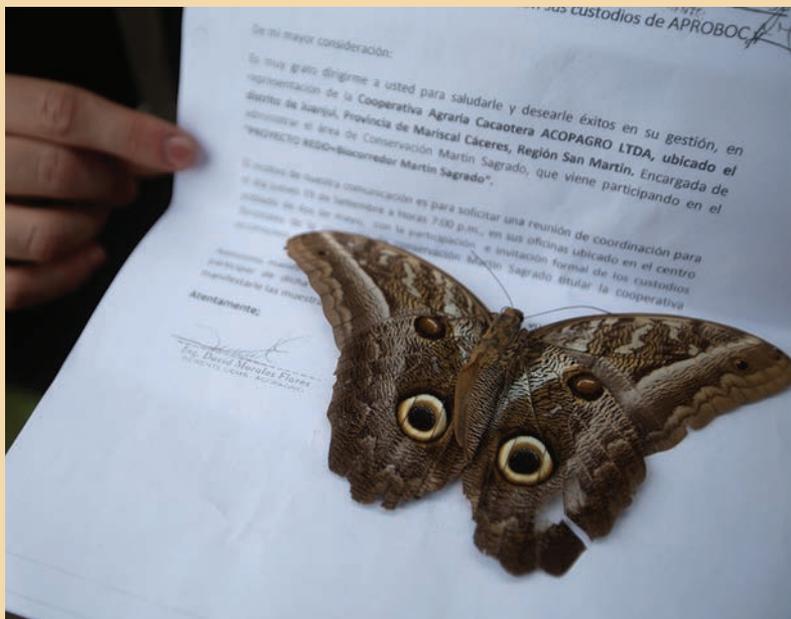
**B**ULK FOODS MANAGER KATHLEEN MILLER'S FIRST AND LAST TRIP OUTSIDE THE UNITED STATES WAS A LITTLE JAUNT TO NIAGARA FALLS AS A TEENAGER. SO, TO FIND HERSELF TRAVELING UP PERU'S SWIFT HUAYABAMBA RIVER SURROUNDED BY MOUNTAINS AND JUNGLE WAS A NEW EXPERIENCE. "IT WAS ALL A LITTLE OVERWHELMING...BUT AT THE SAME TIME REALLY EXCITING," SHE RECALLS FIRMLY BACK ON U.S. SOIL.

Her destination? Dos De Mayo, a small river village where Kathleen, and a dozen other people in the grocery business, would be getting a crash course in cacao production hosted by Equal Exchange alongside the farming families the fair-trade cooperative works hand-in-hand with. "I didn't really know any more about how their chocolate is made other than what was on the packaging, so this was all new to me and to everyone in our group." As the group stepped off the boat, they were greeted with a scene out of a movie.

"Some of us were in tears. It was just a welcome none of us ever expected. They were drumming. They had dancers. They made us crowns out of leaves and gave us fresh coconut water. A good portion of the village's farmers were there. They had 52 farming families that are all a part of Acopagro. They don't get many visitors because of how far up the river they are, and they were really, really excited to see us."

*(continued)*





Initially funded by the United Nations to transition farmers from coca farming (you know...cocaine) to cacao farming (you know...chocolate) the Acopagro Co-op now has more than 2000 members and is the largest exporter of organic cacao in Peru. With the help of Equal Exchange, not only do these farmers have a safer way of making a living but they are able to charge a premium price for their high-quality cacao.

"They couldn't have done this without the financial help of Equal Exchange," Kathleen explains. Equal Exchange is so committed to helping their farmers that they went so far as to construct a lab to put the regions exceptional cacao to the test. "This is something they couldn't do before and this helps Acopagro because they can then start making their own chocolate on site which they can sell locally. It also helps because they can talk about the subtle nuances of the cacao and then they can negotiate for better pricing when they're selling it to their buyers because they can prove it's a really special lot."

During Kathleen's time in Peru she stayed in the tidy home of a pharmacist turned farmer. It was a place where life moved at a different pace albeit with some universal American comforts. "The majority of the people in the village didn't have a refrigerator but almost everyone had a cellphone and some families even had flat screen TV's with speaker systems."

As strange as it was from an American's perspective to live inside a different culture for a week, Kathleen says it was a road that went both ways.

"For the people in the village, they don't really know what happens with their cacao. They know it goes to Acopagro and that Acopagro will sell it to different buyers around the world, but they never really get to meet the customer. So, for them to meet the buyers from Equal Exchange and explain to them that we are Equal Exchange's customers that then take their chocolate and sell it in our stores was kind of mind blowing to them. It's as distant to them as they are to us regarding what



*Opposite page, clockwise: Outpost's Kathleen Miller reacts to the Welcome Committee; The delegation group tours the Acopagro warehouse; An owl moth alights on a piece of paper; Candelaria Peña Villacorta holds a welcoming banner for Equal Exchange*

*This page, clockwise: Scenery from the boat on the way to Dos de Mayo; A young member of the Welcome Committee; Acopagro farmers harvest ripe pods from the cacao trees*

they do and how they grow the cacao and we felt the same way making these bars and selling them to stores.”

Besides being so welcomed by the people of Peru, Kathleen’s biggest takeaway from her trip is how seriously everyone takes their job in producing an exceptional chocolate. “These people take this seriously. This is their livelihood,” Kathleen emphasizes. “They’re very mindful of these things which is kind of awesome and reassuring because you never really know where the cacao is coming from, but this is truly the way it’s done. Acopagro comes in and does the checks and balances with their farmer from the seed to the end product.” And that quality can be tasted in every bite and sip of Equal Exchange chocolate.



## FROM SMALL FARMERS

Equal Exchange isn’t fooling around when it says it wants a closer connection between consumers and farmers. Since 1986 this employee owned co-op has been helping small-scale farmers by promoting social justice, environmental sustainability and fair-trade relationships around the world. These long-term trading relationships translate to a steady income that farmers can count on, year after year. When you buy a fairly traded product from Equal Exchange you know that a fair and stable price was paid to the farmers, a price that is significantly higher than a fluctuating market price.

By choosing Equal Exchange products, you’re supporting a different kind of business model. One that is based on dignity and transparency, without forced child labor, and one that is not focused on profit at the expense of others. The money that these small farmers make from fair-trade premiums helps them put money back into their communities by improving access to clean water, setting up labs (like at Acopagro) or into education. By supporting Equal Exchange products (from their chocolate to their coffee) we, as consumers, can make a big difference impacting the lives of the producers and the farmers around the world.





# Après-Ski Party

**S**LIP OFF YOUR SKIS, STOMP THE SNOW OFF YOUR BOOTS AND COME IN FROM THE COLD. WE'VE CREATED THE PERFECT AFTER SKI MENU THAT WILL KEEP YOU COZY AND REFUELED FOR YOUR NEXT JAUNT INTO WINTER. ALL OF THESE DISHES CAN BE MADE AHEAD OF TIME AND FINISHED OR WARMED UP WHEN YOU'RE READY TO EAT. ALL YOU NEED TO ADD ARE SOME COZY SLIPPERS, WARM DRINKS SERVED IN MUGS AND A FLICKERING FIRE.

by LISA MALMAROWSKI  
photos by JOE LAEDTKE





WINTER WARM UP CHILI

—  
: :  
*(our)*  
**MENU**

- WINTER WARM UP CHILI
- MAINLY MUSHROOM SOUP
- GARLIC MONKEY BREAD
- SUISSE CHARD GRATIN
- ROASTED BEETS DIJON
- MAPLE APPLE WALNUT POTS WITH MASCARPONE

## WINTER WARM UP CHILI

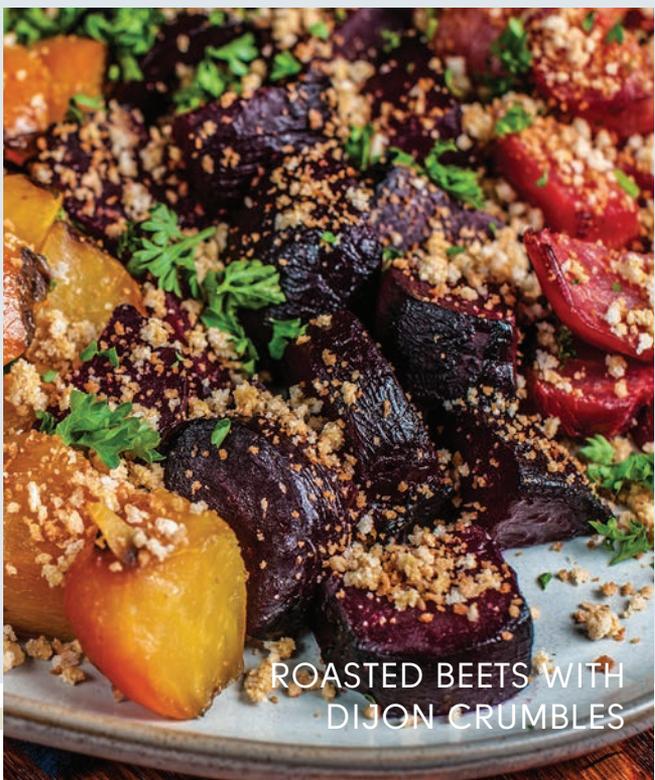
SERVES 8     *Gluten-free • Vegetarian/Vegan with substitutions*

*We had to do a little begging, but Pam Mehnert, our general manager gave up her famous chili recipe. It's a hearty, classic chili with layers of rich flavor. The secret lies in using assorted chili powders and a dash of unsweetened cocoa powder for depth, and then letting the chili cook low and slow to develop flavors. Customize the heat by adding more or less fresh jalapeno or sneaking in a little cayenne for added fire. Make this recipe vegan by using your favorite ground meat substitute. Pam often doubles or triples the recipe and freezes 2-4 serving containers for quick meals all winter long.*

- 2 tablespoons cooking oil
- 2 cups organic onion, diced
- 1 cup organic celery, diced
- 1 whole jalapeño, diced or to taste
- 1-1½ pounds all-natural lean ground beef or bison
- 1 tablespoon salt
- 5 tablespoons chili powder
- 2 tablespoons ancho chili powder
- 2 teaspoons cumin
- 2 heaping tablespoons unsweetened cocoa powder
- 1 (15-ounce) can organic tomato sauce
- 2 (28-ounce) cans organic diced fire-roasted tomatoes
- 2 cups water
- 1 (15-ounce) can flavored chili beans – we like Kuner's but any flavored pinto, kidney or black bean works
- 1 (15-ounce) can of beans of your choice like pinto or kidney
- Garnishes for serving – grated cheese, sour cream, chopped green onions, chopped parsley or cilantro

1. Heat oil in a Dutch oven or large saucepan over medium heat. Add onion, celery and jalapeño and sauté until softened slightly.
2. Add ground beef to pan and sauté until browned.
3. Add salt, chili powders, cumin and cocoa powder and mix well then add tomato sauce, diced tomato and water. Mix well. Lower heat and keep chili at a simmer. Continue simmering for about 1½ hours.
4. Thirty minutes before serving, add flavored beans without draining – you want the flavor of the sauce. Add additional can of beans, but drain first. Mix well and simmer for 30 more minutes.
5. Put out bowls of garnishes and let guests top their servings as desired.

*(continued)*



ROASTED BEETS WITH  
DIJON CRUMBLES

## MAINLY MUSHROOM SOUP

SERVES 6 *Vegan • Gluten-free*

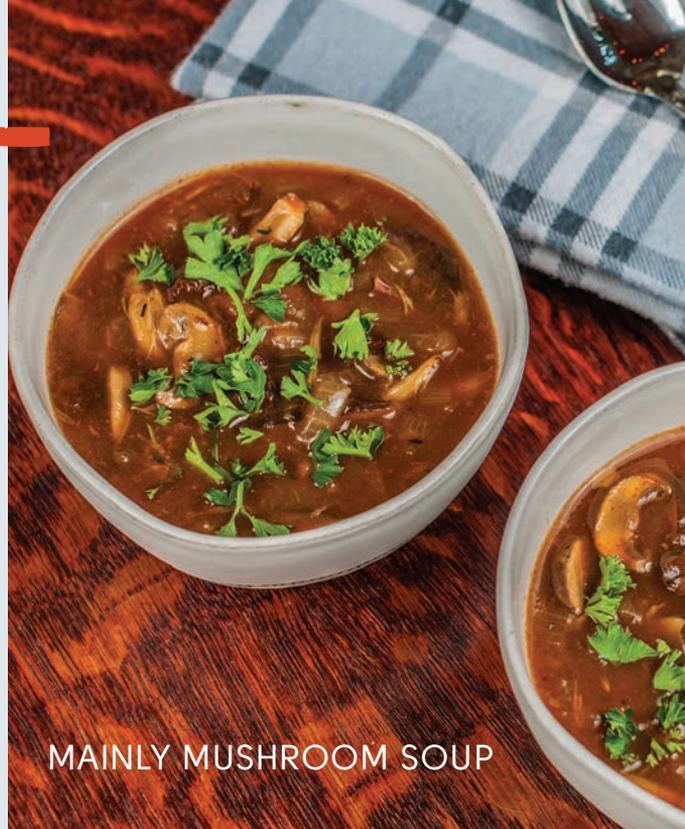
*Looking for a soul-warming bowl of vegan happiness? Then this is your soup. Super savory, rich, and loaded with meaty flavor minus the meat, this soup is easy to make and reheats well. The secret is using dried mushrooms for the flavor and textural wallop they pack. If you like a smoky kick, replace half of the Hungarian paprika with smoked paprika. You'll have left over roasted garlic cloves, but no worries, they're great to spread over a crusty baguette!*

- 2 tablespoons olive oil
- 2 large onions, sliced
- 1 head roasted garlic (you'll need 6 cloves for this recipe)
- 2 tablespoons cornstarch or arrowroot
- 3 tablespoons water
- 1 tablespoon tamari
- 3 cups vegetable or mushroom stock
- 5 ounces oyster, chanterelle or fresh shiitake mushrooms, stemmed as needed and sliced
- 5 ounces cremini mushrooms, sliced
- 1 ounce dried shiitake mushrooms, rehydrated\* and sliced (liquid reserved)
- 1 tablespoon Hungarian-style paprika
- Salt and freshly ground black pepper to taste

1. Roast garlic. Preheat oven to 425 degrees. Place whole bulb on a baking sheet and roast for about 20 minutes or until cloves are soft. Set aside to cool.
2. Add olive oil to a large pan or deep skillet and over a medium-low heat, gently sauté the onions stirring occasionally, until caramelized. It will take about 25 minutes for them to get soft and golden.
3. Then add 6 cloves of roasted garlic to the pan, mash it, and cook for another minute or so. Add tamari, it will cook quickly, then add vegetable or mushroom stock plus the reserved liquid from soaking the dried mushrooms.
4. In a small bowl, mix cornstarch or arrowroot with 3 tablespoons of water. When combined, add to pan, stir well to ensure no lumps form.
5. Add the mushrooms and paprika and mix well. Increase heat to bring to the boil.
6. Once the soup is boiling, reduce heat to medium-low, and simmer, uncovered for 20 minutes or so, until it's reduced by around a third. It's going to seem like there's not enough broth, but as the mushrooms cook, they'll give up some of their moisture.
7. Taste and add freshly ground black pepper and adjust salt if needed.

*\*How to rehydrate shiitake mushrooms:*

*Put mushrooms into a small bowl and add boiling water until just covered. Cover bowl with a plate or wrap to stop heat escaping and soak for 20 minutes. The mushrooms should double in size. Drain and reserve liquid – it's loaded with flavor – but discard the stems before using as they're too tough to eat.*



MAINLY MUSHROOM SOUP

## GARLIC MONKEY BREAD

MAKES 10-12 *Vegetarian*

*These are some of the easiest little breads you'll ever make – the secret is using prepared biscuit dough. Buttery, savory, with just the right amount of garlic, these fun little pull-aparts are best fresh from the oven, but they do reheat well, warmed in a low oven.*

- 1 tube Immaculate Baking biscuits
- ¼ cup unsalted butter, melted
- 2 tablespoons freshly-grated Parmesan cheese
- 4 cloves garlic, minced finely
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ½ teaspoon dried parsley flakes
- Pinch of salt

1. Preheat oven to 400 degrees. Lightly oil a 12-cup standard muffin tin or coat with nonstick spray.
2. Cut each of the 8 biscuits into eighths, making 64 pieces.
3. In a large bowl, whisk together butter, Parmesan, garlic, oregano, basil, parsley and salt, reserving 2 tablespoons; set aside. Stir in biscuit pieces and gently toss to combine.
4. Place 5-6 pieces into each muffin cup. Using your fingertips, gently press the last piece in the center.
5. Place into oven and bake until golden brown, about 8-10 minutes.
6. Serve immediately, brushed with remaining butter mixture.

*(continued)*



GARLIC MONKEY BREAD

## SUISSE CHARD GRATIN

SERVES 10-12 **Vegetarian**

*Want to be the star of your next winter potluck? Bring this showstopper! Somewhat like a lower-carb, higher-fiber version of mac and cheese, this classic French Après-ski dish is warm, cheesy and a solid 10 on the comfort food scale. It takes a little time to make but the unbaked gratin can be refrigerated overnight. Bring to room temperature before baking.*

3 pounds Swiss chard, large stems discarded  
3 tablespoons extra-virgin olive oil  
6 medium leeks, white and tender green parts only, sliced ¼-inch thick  
Salt and pepper to taste  
3 garlic cloves, minced  
3 tablespoons unsalted butter plus more for baking dish  
⅔ cup all-purpose flour  
1 quart (4 cups) whole milk  
½ cup shredded Swiss Gruyère-style cheese  
½ cup freshly-grated Parmesan cheese  
¼ teaspoon freshly-grated nutmeg  
Freshly ground pepper to taste  
Special equipment: One 10x15-inch baking dish or large gratin pan

1. In a large pot of boiling water, blanch the chard in batches until wilted, about 1 minute. Drain the chard, squeeze dry and chop. You can use the same pot for the next step.
2. Heat the oil in the pot. Add the sliced leeks and a pinch of salt. Cover and cook over moderately low heat, stirring, until tender, 7 minutes. Uncover, add the garlic and cook, stirring, until fragrant, 2 minutes. Add the chard, season with salt and remove from the heat.
3. Preheat the oven to 425 degrees. Butter baking dish.
4. In a large saucepan, melt the butter. Stir in the flour over moderate heat to form a paste. Gradually whisk in one-third of the milk and cook, whisking, until the mixture starts to thicken. Repeat two more times with the remaining milk. Bring the sauce to a boil, whisking constantly. Reduce the heat to low and cook, whisking often, until thickened and no floury taste remains about 15 minutes.
5. Whisk in the cheeses and the nutmeg into the cooked sauce and season with salt and pepper. Then add the leeks and chard, mixing well to combine. Season with a bit more salt and pepper.
6. Transfer the mixture to the prepared baking dish. Bake in the upper third of the oven for about 25 minutes, until bubbling and golden brown on top. Let rest for at least 10 minutes before serving.

## ROASTED BEETS *with* DIJON CRUMBLES

SERVES 6

**Vegan • Gluten-free with substitutions**

*There are two kinds of people in the world – those that love beets and those that don't. We love 'em, so in our opinion, they don't need much gussying, but adding a little tangy crunch kicks them up a happy notch or two. Make the beets and crumbles ahead of time and combine before serving. This dish is best warmed up or at room temperature.*

2 tablespoons olive oil, divided  
½ cup panko breadcrumbs  
1½ tablespoons Dijon mustard  
12 small beets, peeled & quartered  
Salt & pepper to taste  
Handful of fresh parsley, chopped

1. Preheat oven to 375 degrees. Coat baking sheet with cooking spray.
2. Heat 1 tablespoon oil in large skillet over medium heat. Add breadcrumbs and mustard, and cook 7-8 minutes or until crumbs are deep golden, stir to prevent clumping. Transfer to plate to cool.
3. Toss beets with remaining oil in a large bowl and sprinkle lightly with salt and pepper. If using different varieties, coat each kind separately with oil to prevent color from bleeding. Roast beets 35 minutes or until tender, keeping different varieties, if using, separate. Check beets at 25 minutes and turn if bottoms are getting too dark.
4. To serve, arrange roasted beets on platter and top with Dijon crumbles and chopped parsley.





MAPLE APPLE WALNUT POTS WITH MASCARPONE CREAM

## MAPLE APPLE WALNUT POTS *with MASCARPONE CREAM*

SERVES 6

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

*Think of this as kind of like a deconstructed apple pie. The simple cooked apple “filling” is layered with a dreamy mascarpone cream and garnished with toasty walnuts. For a vegan option, skip the mascarpone cream and layer the apples with your favorite dairy-free vanilla frozen dessert. All the components to these simple par-faits can be made ahead of time but they’re best when assembled just before you want to enjoy them.*

- 2 tablespoons unsalted butter
- 5 large Granny Smith, Gala or Honey Crisp apples, peeled, cored and cut into  $\frac{1}{8}$ -inch slices
- 2 tablespoons maple syrup, plus a little extra to serve
- 1 tablespoon fresh lemon juice
- 2 teaspoons regular or brown sugar
- $\frac{1}{2}$  teaspoon ground cinnamon or to taste
- $\frac{1}{4}$  cup water
- 1 cup raw walnuts
- 8 ounces mascarpone cheese
- $\frac{1}{4}$  cup powdered sugar
- 1 teaspoon vanilla extract
- 1 cup heavy whipping cream

1. Make the apples. Heat butter in a small saucepan and add the apples. Cook for a minute until coated in the butter, then add the maple syrup, lemon juice, sugar, cinnamon and  $\frac{1}{4}$  cup of water. Bring to a simmer for about 10-15 minutes until the apples are softened and have a slightly jam-like consistency. Allow to cool a bit, then refrigerate.
2. Toast walnuts. Preheat oven to 350 degrees. Spread the walnuts on a baking sheet and toast for about 6 minutes until fragrant. Reserve a few walnuts to finish the dish and roughly chop the rest. Set aside until serving.
3. Make the mascarpone cream. Whisk together mascarpone cheese, powdered sugar, and vanilla in a large bowl just until blended. Beat whipping cream at medium speed with an electric mixer until stiff peaks form. Fold whipped cream into mascarpone mixture. Refrigerate until serving.
4. To serve, place a spoonful of walnuts in a glass and top with a quarter of the apple mixture. Add more walnuts and add a generous dollop of mascarpone cream. Drizzle a little extra maple syrup over cream and top with a sprinkle of walnuts.



SUISSE CHARD GRATIN



# OUR *daily* BREAD

story & photos by MICHAEL SORENSEN

IT'S TEN O'CLOCK AT NIGHT AND, WHILE MOST OF THE CITY IS GETTING READY FOR BED, THE LATE-NIGHT BAKERS AT TROUBADOUR BAKERY, INSIDE BAY VIEW'S COLECTIVO CAFÉ, ARE WIDE AWAKE AND HARD AT WORK.

Casey, the lead baker, is nimbly pulling together three separate strands of foot length dough to create the perfect loaf of challah bread. At the other end of a long wooden table flecked with flour, two bakers are feeding raw, baseball-sized balls of dough into a whirling machine that transforms them into tiny little cylinders. In between feeding the dough balls into the contraption a baker deftly flicks a wrist, throwing a puff of flour across the dough like some magician's trick.

And isn't making bread kind of magical when you think about it? Some flour, a little yeast, along with some good Lake Michigan water, a pinch of salt and—Abracadabra!—you've got loaves of tangy sourdough, baguettes that would make a Frenchman cry, or a ciabatta that you can really chew on.

The artisans at Troubadour have been putting this magic show on every day, 365 days a year, since 2012 at this location. According to Bakery Director Richard Specter, that was part of the reason behind Colectivo's open kitchen design.



“We thought it was a good opportunity at the time to attach the bakery to the café similar to what we have in Riverwest where the roastery is. It’s important to the company for people to see the craft. It’s really good work. I mean, it is a craft and most people are not familiar with how things are made. These are skilled people working here that bring value to the community and it’s a good opportunity to show off what they do.”

Every day this bakery can bake about 400 individual breads that are shipped all over Milwaukee, Madison and Chicago and that’s not even including the other shifts that are focused on the muffins, pastries and cookies. In the summer months those numbers can rise just like a loaf of multigrain in a 350-degree oven. “When it gets warmer, we’ve got our patios open so we’re making a lot of sandwiches for our cafes and bread is an important part of the sandwich,” Richard deadpans in the Colectivo conference room overlooking the kitchen below.

All of the breads Troubadour bakes are European-style breads which is really just a fancy way to say they’re slow fermented. As Richard explains, “Our breads could be mixed at seven or eight at night and they get baked off the next day at five or six in the afternoon. A lot of the breads get mixed depending upon the dough and then they get shaped and then they get retarded. When you’re retarding the fermentation, you’re slow-

ing it down, and that adds the flavor along with some needed acidity.”

Besides being delicious right out of the oven (and if you ever want to feel like you’re spending time in the coziest place in Milwaukee, try hanging out inside a warm bakery on a cold night), Richard has some valuable tips on keeping their breads fresh.

“If you’re going to keep your loaf of bread for any length of time, say more than four or five days, I would freeze it, not refrigerate it. You’re going to have better success at freshening it up. Refrigeration seems to dry it out. Let it thaw out and if you toast it, it will be delicious. A baguette though, is really a one-day bread. If you want to keep it for the next day, I would put it in a plastic bag when you get home and then crisp it up in the oven.”

But really...who has leftovers when the bread is this good?

Look for Troubadour's fabulous breads in the bread aisle at our stores.

**TROUBADOUR BAKERY**  
**2301 S KINNICKINNIC AVENUE**  
**MILWAUKEE, WI 53207**

# Baller Dinners

**M**EATBALLS HAVE BEEN ROLLING AROUND FOR CENTURIES ON TOP OF SPAGHETTI, ALL COVERED IN CHEESE AND BEYOND. COMFORTING AS THEY ARE ADORABLE, THESE EASY AND CREATIVE WEEKNIGHT MEATBALL DINNERS WILL OPEN UP A WHOLE NEW WORLD OF EDIBLE ORBS!

Our love of meatballs is no match for busy weeknights – while easy to pull together, these little morsels take time to form. You'll find that meal prep is the name of the game to roll these into your repertoire. Both of these recipes can be made days ahead, refrigerated or frozen for dinners that come together quickly on nights when quick and delicious dinners are essential.



## BRATWURST MEATBALLS *with* CIDER CREAM

SERVES 4

### MEATBALL PREP:

**How to make and store meatballs for weeknight meals**

1. Make your mixture and form the balls on your day off (we love shopping and meal prep all in one day); refrigerate in an airtight container 2-3 days.
2. For longer storage (or double batches), freeze the meatballs, cooked or uncooked
3. Make sure to freeze in a single layer on parchment to prevent sticking. Once frozen, they can be transferred into an airtight container.
4. Pro tip! Cooking meatballs from frozen doesn't require thawing. Just add them into the sauce or bake right out of the freezer (add 10 minutes to the time and check the internal temperature).

*Bratwurst are for grilling, but sometimes you need a backup plan, particularly when the grill is buried in snow. Have no fear, you can still get all that brat flavor – and then some – with this delicious recipe.*

1½ pounds	3 tablespoons
bratwurst, bulk	heavy cream
or removed from	(or half & half
casings	or non-dairy
1 large shallot,	creamer)
finely diced (or	10 ounces of egg
½ small onion)	noodles
1 teaspoon dried	1 tablespoon
thyme (or 1	butter
tablespoon	Salt & pepper to
fresh)	taste
1 cup apple cider	Parsley, chopped
(or juice)	(optional)
1 tablespoon whole	¼ cup Swiss
grain mustard	cheese,
1 tablespoon	shredded
brown mustard	(optional)

1. Roll bratwurst into meatballs and sauté in a large skillet; no need for oil if using pork bratwurst, 1 tablespoon of olive oil if using chicken bratwurst. Brown on all sides until cooked thru – about 8 minutes for small meatballs, 12 minutes for larger meatballs. Push balls to the side of the pan, add shallots and thyme, and cook until translucent, about 2 minutes more.
2. While the meatballs are cooking, boil water for egg noodles and cook according to package instructions. Drain and toss with butter.
3. Once bratwurst is cooked, add apple cider. Scrape up browned bits in skillet over medium heat. Add mustard and stir into cider, cooking 3-5 minutes more to reduce slightly. Turn off heat, stir in heavy cream and combine. Pull meatballs from the side of the pan to coat in the sauce.
4. Serve meatballs with cider cream over buttered egg noodles.



## WOW Meatless Meatballs

WOW Meatless Meatballs are a compelling stunt double for their meaty counterpart. Gluten and soy free, they get their “meaty” texture from oats and walnuts. They have a classic “meatball” flavor to them, perfect on top of spaghetti with your favorite sauce. We also reach for these for parties, smothered with BBQ sauce. Made in Milwaukee!

## CILANTRO TURKEY MEATBALLS *with* MANGO COCONUT SAUCE

SERVES 4

*Crave-worthy and comforting, these meatballs are tender and spiked with much flavor. We love the simplicity of the sauce and the added boost of vitamin C from the mango! This one-pan meal comes together quickly and is perfectly paired with zoodles, rice, cauliflower rice or quinoa.*

- |                                                      |                                              |
|------------------------------------------------------|----------------------------------------------|
| 1 (15 ounce) can coconut milk                        | 1 jalapeño, seeded and finely diced          |
| 1½ cups diced mango (can use frozen, thawed)         | 3 cloves garlic, minced                      |
| 2 teaspoons curry powder, divided                    | ½ tablespoon freshly grated or jarred ginger |
| 2 tablespoons soy sauce (or coconut aminos)          | ½ teaspoon salt                              |
| 1 pound ground turkey                                | Freshly ground black pepper                  |
| 1 egg                                                | 1 tablespoon oil                             |
| ½ cup panko breadcrumbs (or gluten-free breadcrumbs) | ¾ cup frozen peas (or edamame)               |
| ⅓ cup cilantro, finely chopped                       | 1 red bell pepper, julienned                 |
| ¼ cup red onion, finely chopped                      | Chopped roasted peanuts or cashews, optional |
|                                                      | Diced green onion, optional                  |
|                                                      | Fresh cilantro, optional                     |

1. Make the mango sauce by adding coconut milk, diced mango, ½ teaspoon of the curry powder, and soy sauce to a blender and blend until smooth. Set aside.
2. In a large bowl, add the turkey, egg, breadcrumbs, cilantro, red onion, jalapeño, garlic, ginger, remaining curry powder, salt and pepper. Use clean hands to mix and form into 16 golf ball sized meatballs.
3. Place a large deep skillet over medium-high heat and add oil. Add the meatballs and brown on all sides, about 5-6 minutes total. You may need to do this in batches, depending on how many meatballs you can fit in your skillet without overcrowding them.
4. Reduce the heat to medium-low and add your mango coconut sauce to the pan with the meatballs. Cover the pan, reduce heat to low, and simmer for 20 minutes.
5. After 20 minutes, remove lid and gently stir in the peas and red bell pepper. Simmer for 5 more minutes uncovered.
6. Serve with zoodles, rice, cauliflower rice or quinoa. There will be ample sauce to spoon over meatballs. Garnish with chopped peanuts or cashews, scallions and cilantro.

# a New Year's Resolution for our planet...

## LOWER YOUR CARBON FOOTPRINT!

**A** CARBON FOOTPRINT IS A MEASURE OF HOW MUCH GREENHOUSE GASES (GHG) ARE PRODUCED THROUGH REGULAR ACTIVITIES IN OUR DAILY LIVES. DRIVING TO WORK, TURNING ON THE LIGHTS, FARMING AND FOOD PRODUCTION, AND USING PLASTICS MADE FROM OIL ALL RELY ON THE COMBUSTION OF FOSSIL FUELS LIKE PETROLEUM, COAL AND GAS. AND WHEN THOSE GASSES BURN THEY EMIT GHG SUCH AS CARBON DIOXIDE & METHANE THAT WARM THE ATMOSPHERE AND CONTRIBUTE TO A MORE UNPREDICTABLE CLIMATE, SEVERE WEATHER EVENTS AND RISING OCEANS.

### SAVING THE PLANET IS UP TO US!

CONTACT YOUR ELECTED OFFICIALS TO LET THEM KNOW CLIMATE CHANGE IS IMPORTANT.

*Call the Washington switchboard at:*

**(202)224-3121**

*to be connected automatically with your local members of Congress.*

Visit **[www.openstates.org](http://www.openstates.org)** to find your state legislators.

**Green your transportation:**  
Use public transit, ride your bike, ride share, pump up the tires on your car to the recommended pressure for greater fuel efficiency

**Compost at home:**  
Food waste put in landfills creates methane, a potent greenhouse gas



**Stop junk mail:**  
Visit [ecycle.org/junkmail](http://ecycle.org/junkmail)  
for instructions on  
how to get off lists

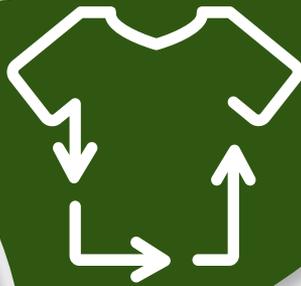
**Offset travel  
with Renewable  
Energy Credits**



**Use less plastic,  
more reusable  
containers**



**Buy less;  
Buy second-hand**



**Get a  
programmable  
thermostat**



**Switch old light bulbs with  
more efficient Compact  
Flourescent (CFL) or LED bulbs**

**Eat fresh & local: Packaged  
goods create waste and  
come from farther away**

# Feeding Our... Cooperative Community

by MARI WOOD



**O**UTPOST NATURAL FOODS CO-OP'S MISSION STATES THAT IT "EXISTS SO THAT OUR OWNERS HAVE A HEALTHY, DIVERSE, AND SUSTAINABLE COMMUNITY." BUT IT'S HARD TO BUILD A COMMUNITY (OR A COOPERATIVE, FOR THAT MATTER) WHEN YOU'RE HUNGRY. THAT'S WHY OUTPOST PARTNERS WITH THREE LOCAL NON-PROFIT ORGANIZATIONS WHO ARE ALSO DRIVEN TO ALLEVIATE HUNGER IN THE METRO MILWAUKEE AREA. WE BELIEVE THAT AMAZING THINGS CAN HAPPEN WHEN WE ALL WORK TOGETHER TO MAKE SURE EVERYONE IN OUR COMMUNITY IS HEALTHY AND WELL-FED.

*This page: Support Milwaukee Empty Bowls through the purchase of a hand-crafted bowl at Outpost; Outpost staff serving up slices of pie to raise money for the Buy A Bag program.*

*Opposite page: Volunteers at Family Sharing of Ozaukee County during their May 2018 Stamp Out Hunger event. Photo courtesy of Family Sharing of Ozaukee County.*

## HUNGER TASK FORCE

Partners since the late 1990's, Outpost and Hunger Task Force strive to end hunger in our local community through signature programming and fundraising events. Since Hunger Task Force provides food and services free of charge to local area emergency food pantries, they rely on support from their community members through the donations of food, money and time through the act of volunteering. Outpost has come up with a few different ways to address those needs.

Outpost's Buy A Bag for The Hungry program was originally created in 1999 to fill the gap in food donations during the late winter months when they typically wane at Hunger Task Force. When an Outpost shopper donates \$20, the co-op uses those funds to purchase \$40 worth of food (approximately enough to fill a standard grocery bag) at cost from their vendors. Since the program's inception, Outpost customers have supported the purchase of over \$1.4 million worth of food for Hunger Task Force.

"We are incredibly grateful for our ongoing partnership with Outpost Natural Foods. We're fortunate to work with a group of individuals who share our commitment to a healthy, supportive community," said Sherrie Tussler, executive director of Hunger Task Force. "The Buy A Bag campaign has become a local tradition, bringing much-needed resources to so many hungry families in Milwaukee."

During the summer months many area children, who rely on breakfasts and lunches provided by local schools, often go without the necessary daily nutrition they need. In response to this need, Outpost created the Think Outside the Lunchbox summer food drive. Not only does the co-op collect healthy non-perishable food items in their store locations, but monetary donations are accepted from shoppers at check-out as



Please support the local organizations that Outpost partners with to help end hunger in our community. Learn more at:

[WWW.HUNGERTASKFORCE.ORG](http://WWW.HUNGERTASKFORCE.ORG)

[WWW.MILWAUKEEEMPTYBOWLS.ORG](http://WWW.MILWAUKEEEMPTYBOWLS.ORG)

[WWW.FAMILYSHARINGOZAUKEE.ORG](http://WWW.FAMILYSHARINGOZAUKEE.ORG)

well. During the Summer of 2019 alone, Outpost collected an unprecedented \$29,527 in donations from its shoppers for Hunger Task Force.

Outpost also schedules volunteer opportunities for its staff and co-op owners to provide helping hands to do the hard work of food sorting, packaging, farm work and even answering phones for Hunger Task Force's annual holiday telethon at TMJ4. In 2019 Outpost volunteers worked nearly 170 hours to support the non-profit's belief that "every person has a right to adequate food obtained with dignity."

## MILWAUKEE EMPTY BOWLS

Since its first fundraising event in 1999, Outpost has supported and partnered with local non-profit, Milwaukee Empty Bowls, to help alleviate hunger in our community. Through their annual event, Milwaukee Empty Bowls raises enough money through the sale of their signature hand-crafted soup bowls to support yearly grants for at least five food pantries, meal programs or farmer's markets in the Milwaukee area. Not only does their fundraiser financially support these grants, but it also provides the selected groups with invaluable media exposure and the opportunity to connect with event attendees as well. Their 2019 event raised \$65,400 in three hours alone.

"It's not just about purchasing the food for our grant recipients," says April Klinter, Milwaukee Empty Bowls' Board President, "we also want to support the longevity of the groups' work."

With soup ladles in-hand, Outpost Staff have been present at their annual fundraiser every year. Not only does the co-op provide soup for attendees, but also donates supplies to help with logistical needs. Once the event is over, Outpost steps in and gives the non-profit space in their four stores to sell the leftover bowls and, this year, the newly-published Milwau-

kee Empty Bowls Cookbook (which includes eight soup recipes provided by Outpost).

"We can always count on Outpost to finish out our year," says Klinter. "The donations that are raised through the co-op give us a head start on next year's fundraising...We couldn't do this otherwise."

## FAMILY SHARING OF OZAUKEE COUNTY

When Outpost opened the doors of its newest store location in Mequon in May 2014, the co-op understood that hunger relief wasn't just an urban issue. Even though Ozaukee County has the highest income per capita in Wisconsin, one out of three households are food insecure. Non-profit Family Sharing of Ozaukee County has a unique structure to meet this need. Their food pantry, which distributes approximately 42,000 pounds of food to 600 households per month, is supported by an on-sight resale shop. The proceeds from the shop enables Family Sharing to provide food free-of-charge for Ozaukee residents in need.

"We want to make sure that everyone who walks through our doors feels safe and comfortable," says Kimberly Bikulcius, Community Outreach Manager at Family Sharing of Ozaukee County. "By setting up our pantry like a grocery store, we want to serve our clients with dignity and compassion by giving them the ability to choose their own food."

Between the food collected by customers in the Mequon store's donation barrel and written-off items from fresh departments, Outpost has donated over 2,000 pounds of food to Family Sharing in 2019 that includes packaged and frozen items, bakery, dairy, meat and produce.

# CO-OP VALUES ARE IN REACH

by MARI WOOD



**H**ERE AT OUTPOST, WE'RE PRETTY LUCKY TO BE A CO-OP. FIRST OF ALL, WE'RE FORTUNATE TO HAVE INHERITED A LIST OF COOPERATIVE VALUES THAT ARE THERE TO REMIND US WHY THIS ALTERNATIVE BUSINESS-STRUCTURE EXISTS. AND WE'VE ALSO BEEN GIFTED A LIST OF SEVEN COOPERATIVE PRINCIPLES THAT PROVIDES US WITH A SET OF INSTRUCTIONS ON HOW TO RUN OUR BUSINESS USING OUR CO-OP VALUES. DIDN'T I SAY WE ARE LUCKY?

With all of the hard work already done for us, Outpost has the benefit of simply putting our values into motion by applying the principles. For example, Cooperative Principle 1: Voluntary and Open Membership, should be simple to apply to our everyday practices at the co-op. However, five years ago we challenged ourselves to create an even more "open membership" by restructuring

our ownership payment plan into an accessible version for those shoppers who need a little flexibility.

Since 2015, the In Reach program, has given 132 people the ability to join and enjoy the benefits of Outpost ownership by offering a reduced payment plan for co-op shares. By giving our co-op shoppers this option, not only do they have access to the financial benefits of ownership, but they can also embrace the intangible benefit of being able to support a community-owned grocer. Our co-op values of openness, social responsibility and caring for others are well at work.

Through In Reach, Outpost has been able to grow our ownership to include a more diverse and inclusive community of people.

Learn more about In Reach at  
[WWW.OUTPOST.COOP/INREACH](http://WWW.OUTPOST.COOP/INREACH)

## CHECKOUT



WHEN . **WINTER 2019**

WHAT . **NICK N. IN OUR CENTRAL KITCHEN FROSTS FRESH FROM THE OVEN CO-OP MADE CUPCAKES**

WHERE . **2826 S. KINNICKINNIC AVENUE**



**In the right hands  
this blender  
becomes  
a time machine.**



**Our all-natural smoothies and juices  
will take you on a trip...  
back to when food was, well, food.**



**OUTPOST**  
NATURAL FOODS

4 stores in greater Milwaukee to serve you. Visit [www.outpost.coop](http://www.outpost.coop) for info.