IN THE FIREHOUSE KITCHEN
Don’t be alarmed! These talented cooks are fired up about great food!

MOROCCAN GRILL
A delicious escape from the ordinary

DINNER’S A BRAISE
Irresistible, slow-simmered entrees
Green kale is the most common variety and has a slightly bitter flavor. Lacinato kale has longer, thinner leaves and is a little milder.

Enjoy its mild cabbage-like flavor raw or cooked.

Remove and discard the tough center stem.

Finally chop it and use as a crisp salad green.

Crazy about kale? Pick up the 1 pound bag. It’s washed, trimmed, and convenient.

Store kale in the coldest part of the refrigerator and use it within 3 days for the mildest flavor.

Kale Chips

Incredibly easy to make! Light, crispy, and satisfying meal-in-a-glass to get the crunch you crave.

1 bunch kale
2 to 3 teaspoons Dieterbergs olive oil
1/2 teaspoon coarse ground black pepper

Remove and discard large stems from kale; tear into bite-size pieces (about 8 cups). Rinse kale with cold water, spin dry in salad spinner. Place kale in large bowl; blot with paper towels until completely dry. Drizzle oil over kale. In small bowl, combine garlic powder, salt, and pepper. Sprinkle over kale; toss until well mixed. Place kale in single layer on parchment-lined jellyroll pan. Bake in 400°F oven until crispy, about 10 to 12 minutes. Serve immediately.

Makes 6 cups

Super-food Kale

If there were celebrity status for produce, kale would be the new “it” vegetable. This leafy green powerhouse is the must-have veggie for any season, sporting loads of Vitamins A, C, and K, folic acid, calcium, and iron. And did we mention it’s cruciferous? You know, full of all those fabulous antioxidants that have everyone talking. To set the most deliciously styled table this season, you simply must put kale on your shopping list.
In the Firehouse Kitchen
Dierbergs customers often see fire trucks parked in the lots at some of our stores. That must mean that firefighters love good food! That got us thinking... What are they cooking anyway?
A firehouse is like a family, and in all families, good meals mean a lot. So it came as no surprise that when these brave professionals aren’t busy serving our communities, they’re serving up some amazing food.

Cheesy Meatloaf

Sauce
1 cup Dierbergs ketchup
1 cup firmly packed Dierbergs brown sugar
1 tablespoon dry mustard
4 teaspoons vinegar

Meatloaf
2 pounds lean ground beef
1 cup dry bread crumbs
3/4 cup diced onion
2 large Dierbergs eggs
2 teaspoons dried parsley flakes
2 teaspoons salt
1/2 teaspoon ground black pepper
6 to 8 ounces pasteurized prepared cheese product (Velveeta), cut into 1/2-inch cubes

For Sauce: In 4-cup glass measure, stir together all ingredients until well mixed; set aside.

For Meatloaf: In large bowl, combine ground beef, bread crumbs, onion, eggs, parsley, salt, pepper, and 1/2 cup of the sauce until well mixed. Shape mixture into loaf; place in foil-lined shallow roasting pan. Using small spoon, poke holes all over meatloaf. Insert cheese cubes into holes, pressing some down toward bottom of loaf and leaving some closer to top. Smooth meat mixture to seal holes. Bake until internal temperature is 165°F., about 15 to 20 minutes. Let meatloaf stand 10 minutes before slicing. Makes 6-8 servings.

Per serving: Calories 320 • Fat 14 g
Cholesterol 117 mg • Sodium 1456 mg
Carbohydrate 22 g • Fiber 1 g • Protein 26 g

*No matter which shift I'm on, every crew asks me to make this. They just love it! Leftovers are great for breakfast, topped with a sunny side-up egg, chopped cilantro and salsa or hot sauce."

Captain/Medic Jim Younce
Creve Coeur Fire Protection District, House #1

Yoyo-Chiladas

1 Dierbergs Deli rotisserie chicken, deboned and shredded
1 can (10 ounces) Mexican lime and cilantro diced tomatoes (Rotel), drained
3 to 4 chipotle chiles in adobo sauce, chopped (optional)
2 pouches (8 ounces each) red or green chile enchilada sauce (Frontera)
8 whole wheat tortillas (Mission)
1 package (8 ounces) Dierbergs shredded Mexican cheese blend

Chopped fresh cilantro

Chipotle Sour Cream (see Tip)

In large skillet, combine chicken, drained tomatoes, and chipotle chiles over medium-high heat; cook stirring often until most of the liquid evaporates, about 2 to 3 minutes. Spread 1 pouch of the enchilada sauce over bottom of 9 x 13-inch baking dish that has been lightly coated with no-stick cooking spray. Spread about 1/2 cup of the chicken mixture across center of each tortilla; roll up tortillas and place seam-side down in baking dish. Spread remaining pouch of enchilada sauce over tortillas. Sprinkle cheese and cilantro over top. Cover and bake in 350°F oven until cheese is melted and tortillas are warmed through, about 15 to 20 minutes. Uncover and broil 6 inches from heat source until cheese is lightly browned, about 2 minutes. Serve with Chipotle Sour Cream.

Makes 4-6 servings

Per serving: Calories 715 • Fat 31 g
Cholesterol 210 mg • Sodium 1728 mg
Carbohydrate 37 g • Fiber 7 g • Protein 72 g

Tip: For Chipotle Sour Cream, in small bowl, stir together 8 ounces sour cream and 3 to 4 chopped chipotle chiles in adobo sauce until well mixed.
PORK CARNITAS

Makes 10 servings

Favorite Mexican fixings.

To break into bite-size pieces. Add 3/4 of tortillas with remaining cilantro and your evaporates, about 30 minutes. Serve on

When meat is very tender, use spatula occasionally 1 hour. Add bell peppers and onion; cook stirring crafted until meat is done. Cook 1 hour. Add bell

2 cartons (32 ounces each) reduced-sodium beef broth

1/2 teaspoon paprika

1/2 teaspoon black pepper

1/2 teaspoon ground cumin

1/4 teaspoon cayenne pepper

2 cups diced yellow onion

1 can (15 ounces each) Great Northern beans, rinsed and drained

1 carton (16 ounces) frozen sliced Mexican fixings: guacamole, shredded cheese, sour cream

Remove and discard bone and excess fat from pork. Place meat on cutting board; cut into baseball-size chunks. In

2 tablespoons Dierbergs vegetable oil

1/2 cup heavy whipping cream

TOPPINGS

1 cup Dierbergs cream cheese

1/4 cup powdered sugar

Aerosol whipped cream

“Not long ago, my daughter’s friend requested my ‘yummy pork and rice’. It smelled so amazing that my coworkers pleaded—unsuccessfully—for me to make mac and cheese so they could keep the carnitas for themselves.”

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POUR on top:

IN THE FIREHOUSE KITCHEN

(continued from page 5)
Moroccan Olive Platter

A hands-on appetizer of spicy marinated olives, crisp celery, and salty feta is a great way to kick off a party. Serve a basket of soft, chewy pita bread alongside.

**Moroccan Olive Platter**

**Makes 8 servings**

Drain green olives reserving garlic cloves (Mezzetta) and cut into ½-inch cubes. Reserve 3 tablespoons red wine vinegar. Place in shallow glass dish. Add pasilla chiles and cover, and let stand until liquid is absorbed, about 5 minutes. Fluff couscous with fork. Stir in caramelized onions, dates, and apricots. Makes about 4 tablespoons.

**Caramelized Onion and Date Couscous**

This Mediterranean staple is the perfect partner to our Spice-Rubbed Kabobs.

1 tablespoon Dierbergs butter
2 tablespoons Dierbergs olive oil (divided)
1/2 cup diced dried apricots
1 can (14.5 ounces) chicken broth
1/4 cup water
1 box (10 ounces) plain couscous
1/2 teaspoon salt
1/2 cup diced, pitted dried dates
1/2 cup diced apricots

In medium saucepan, bring broth and water to a boil over medium-high heat. Add couscous, remaining tablespoon olive oil, and salt. Stir until liquid is absorbed, about 5 minutes. Fluff couscous with fork. Stir in caramelized onions, dates, and apricots. Makes 6-8 servings.

**Chilies de Arbol**

These tiny, deep red peppers have a searing heat that’s hotter than jalapeños! Add 1 teaspoon to our Kabobs for hearty appetites!

**Harissa Paste**

This versatile hot chile sauce, a part of many North African cuisines, is so easy to make. Stash it in the freezer and stir into soups, sauces, and stews — anywhere you feel the need for a little heat.

1 bag (8 ounces) dried chiles (recipe follows)
3 tablespoons Dierbergs olive oil
1 tablespoon red wine vinegar
1 tablespoon caraway seeds
3 tablespoons Dierbergs olive oil
1 tablespoon red wine vinegar
1 tablespoon caraway seeds
1/4 teaspoon salt
1/2 teaspoon ground red pepper
1/4 teaspoon salt

In work bowl of food processor fitted with steel knife blade, process chiles, 1/2 cup of the reserved soaking liquid, and remaining ingredients until smooth. If needed, add additional reserved soaking liquid as needed to make smooth consistency. Place in covered container; chill up to 5 days or freeze up to 1 year.

**Dried chilies**

Dried chiles add deep, rich flavor and mild to wild heat to all sorts of recipes. Look for dried chiles in extractable colors.

**Chiles de Arbol**

(add -SEE-ya) chiles are medium-hot chiles sold whole or ground into chili powder. They are also called pasilla negro because of their blackish-brown color.

**Spice-Rubbed Chicken Kabobs**

The aroma of these succulent kabobs sizzling on the grill will drive the neighborhood wild.

8 King-Kut Chicken Kabobs (8 ounces each)
2 to 3 tablespoons Dierbergs olive oil
4 tablespoons Ras el Hanout

Per Kabob: Calories 200  Fat 7 g  Cholesterol 5 mg  Sodium 36 mg  Carbohydrate 4 g  Fiber 2 g  Protein 7 g

**Ras el Hanout**

Moroccan shop owners create their own proprietary blend of aromatic spices to season tagines or stews as well as other dishes.

4 teaspoons Hungarian sweet paprika
3 teaspoons ground cumin
2 teaspoons ground coriander
2 teaspoons ground ginger
1 teaspoon ground cinnamon
1/2 teaspoon ground black pepper
Pinch ground nutmeg

In small bowl, stir together all ingredients until well mixed. Makes about 4 tablespoons.

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### Chermoula Vinaigrette

Chermoula Vinaigrette (recipe follows) Chopped Indian parsley for garnish

Pour 1 inch water into large saucepan; place steamer basket over water. Place carrots in basket. Bring water to a boil; cover and steam until crisp-tender, about 10 minutes. Drain carrots; place in large serving bowl. Drizzle Vinaigrette over top; toss until well mixed. Let cool to room temperature. Garnish with chopped parsley. Makes 8 servings

**Per serving:**
- Calories 26
- Protein 1 g
- Fat 1 g
- Carbohydrate 4 g
- Fiber 5 g
- Cholesterol 0 mg
- Sodium 16 mg
- Gluten-free

### Pistachio Baklava

Pistachio Baklava

Tradition with a twist! Layers of crisp fillo, crunchy pistachios, and orange-scented honey syrup make this rich make-a-head pastry irresistible.

**SYRUP**
2 cups Dierbergs sugar
1 cup water
1/2 cup honey
1 teaspoon ground cinnamon
1/4 cup chopped orange peel
1/4 cup chopped nuts
1/2 cup chopped pistachios

**BAKLAVA**
2 packages (6 ounces each) shredded and salted pistachios, chopped
3/4 cup chopped nuts
1/4 cup chopped orange peel
1/4 cup chopped honey nuts
1/4 cup honey
1/2 cup sugar
1/2 cup butter
1/2 teaspoon salt
1/4 teaspoon ground cardamom
1/4 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cloves

In large bowl, combine pistachios, sugar, and cinnamon; set aside. Unroll 30 sheets fillo onto work surface. Cover completely with plastic wrap. Brush 9 x 13-inch metal baking pan with butter. Place 1 sheet fillo in prepared pan; brush with butter. Top with 9 sheets fillo, brushing each sheet with butter. Spread 1/2 cup nut mixture over top. Layer 2 sheets fillo on top of nut mixture, brushing each sheet with butter. Spread 1/2 cup nut mixture over top. Repeat with 2 sheets fillo brushing each sheet with butter and 1/2 cup nut mixture four more times. Layer remaining 10 sheets fillo brushing each sheet with butter. Using sharp knife, cut through all fillo layers in diamond pattern, making 20 to 24 pieces. Bake in 350°F oven 15 minutes. Reduce oven temperature to 350°F; bake until golden brown, about 20 minutes.

### Chermoula Carrot Salad

Carrots are anything but ordinary when you transform them into this beautiful salad. Pictured on page 9.

1 bag (2 pounds) carrots, peeled and sliced
1/4 inch thick
Chermoula Vinaigrette (recipe follows)
Chopped Indian parsley for garnish

Pour 1 inch water into large saucepan; place steamer basket over water. Place carrots in basket. Bring water to a boil; cover and steam until crisp-tender, about 10 minutes. Drain carrots; place in large serving bowl. Drizzle Vinaigrette over top; toss until well mixed. Let cool to room temperature. Garnish with chopped parsley. Makes 8 servings

**Per serving:**
- Calories 41
- Protein 1 g
- Fat 1 g
- Carbohydrate 7 g
- Cholesterol 1 mg
- Sodium 59 mg
- Gluten-free

### Gluten-Free Baked Goods

Gluten-Free Baked Goods

Gluten-free baking often begins with a flours, leavening agents, and gums that are common in wheat and other grains, like barley and rye to create structure and a pleasant texture.

**Gluten-Free All-Purpose Flour**
Gluten is a protein found in wheat and other grains, like barley and rye to create structure and a pleasant texture. Xanthan Gum (ZAN-than) gum, a natural carbohydrate, provides viscosity (thickness) and volume to gluten-free batters and doughs, to create structure and a pleasant texture.

**Gluten-Free Baking Powder**
Gluten-free recipes often need larger amounts of baking powder than most to prevent the “hockey puck” effect. Aluminum can give food a bitter or metallic flavor. Aluminum-free baking powder does the trick without the “tinnY” aftertaste.

**Xanthan Gum**
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### Pistachio Baklava

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**Per serving:**
- Calories 223
- Protein 3 g
- Fat 8 g
- Carbohydrate 35 g
- Fiber 2 g
- Cholesterol 0 mg
- Sodium 332 mg
- Gluten-free

Click the School of Cooking brochure to find special gluten-free tours at our Des Peres store and gluten-free classes at all School of Cooking locations taught by Dierbergs Wellness Team.
FRESH PASTA PRIMER
The pasta recipes on these pages all use fresh pasta, so we’re bracing for the inevitable question: What’s the difference?
If you haven’t given fresh pasta a try, you’re in for a wonderful new experience. And while both fresh and dry pasta have a place in your refrigerator or pantry and merit use in your favorite dishes, try fresh pasta with these recipes.

DIERBERGS KITCHEN FRESH PASTA
• is made with whole eggs in small batches and rolled thin for a richer, stronger noodle with artisanal quality not found in dry pasta.
• is moist and designed to be consumed shortly after it is made.
• takes far less time to cook – in and out of boiling water in a few minutes.
• is best served with delicate sauces where the texture of the pasta takes center stage.

1...2...3!
PASTA FOR TWO IN 15 MINUTES OR LESS.

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1. ROASTED RED PEPPER ALFREDO
   - 9-oz. pkg. Dierbergs Kitchen Fresh Fettucini
   - 2 Dierbergs Seared or Grilled Salmon Fillets (4-6 oz. each), cooked FREE in Seafood Department
   - 8-oz. pkg. Dierbergs Kitchen Cooked Julienne Veggies
   - 16-oz. pkg. Dierbergs Kitchen Roasted Red Pepper Alfredo Sauce

   1. Cook pasta according to package directions; drain and toss with 1 tablespoon Dierbergs olive oil.
   2. Place salmon and veggies in microwave-safe dish. Cover and microwave (medium – 50% power) 3 to 4 minutes until warm.
   3. Microwave sauce for 2 minutes; stir.

   1. Divide pasta between two plates. Spoon warm sauce over pasta. Top with warm salmon and veggies.

2. LEMON SHRIMP BROCCOLINI PASTA
   - 9-oz. pkg. Dierbergs Kitchen Fresh Fettucini
   - 2 Dielbergs Kitchen Grilled Chicken Breasts
   - 10-oz. pkg. Dierbergs Kitchen Marsala Wine Mushroom Sauce
   - 3/4 pound peeled and deveined raw Black Tiger shrimp
   - Lemon wedges and Dierbergs Signature Grated Parmesan Cheese

   1. Cook pasta according to package directions; drain and toss with 1 tablespoon Dierbergs olive oil.
   2. Trim ends from broccoli; place in microwave-safe dish. Cover and microwave (high) 2 minutes. Add shrimp to broccoli; cover and microwave high 2 to 3 minutes until shrimp are pink and opaque. Drain excess liquid. Microwave sauce for 2 minutes; stir.

   1. Divide pasta between two plates. Top with broccoli, shrimp, and sauce. Garnish with lemon and grated Parmesan.

3. GRILLED CHICKEN MARSALA FETTUCINI
   - 9-oz. pkg. Dierbergs Kitchen Fresh Fettucini
   - 2 Dierbergs Kitchen Grilled Chicken Breasts
   - 10-oz. pkg. Dierbergs Kitchen Marsala Wine Mushroom Sauce
   - 3/4 pound peeled and deveined raw Black Tiger shrimp

   1. Cook pasta according to package directions; drain and toss with 1 tablespoon Dierbergs olive oil.
   2. Toss cooked pasta with 3/4 of the warm sauce; divide between 2 plates.
   3. Slice chicken; place on pasta. Spoon remaining sauce over top.

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dinner’s a braise

Good things come to those who wait. And we can think of nothing better to wait for than a hearty roast or plump chicken slowly braised to succulent perfection. Braising is easy and transforms less-tender, budget-friendly cuts into the kind of melt-in-your-mouth entrées that are turning up on trendy restaurant menus everywhere. Just brown the meat well on top of the stove, add a generous amount of liquid, cover tightly, and leave it alone for a few hours. The stove or oven will do the work while you relax and enjoy the wonderful aromas.

Italian Pulled Pork

Slow-simmered and served over noodles, this Italian take on an American favorite is great for a lazy Sunday supper.

In small bowl, stir together oregano, basil, salt, and pepper. Rub evenly over all sides of pork. In a 12-inch oven-proof skillet, heat oil over medium-high heat. Add pork; cook until browned on all sides, about 15 minutes. Place pork and drippings in large bowl. In same skillet, add onion; cook until onion wilts, about 2 minutes. Remove skillet from heat; add garlic, broth, and sherry. Return to heat; cook until reduced by half, about 10 minutes. Skim fat from drippings. Remove pork from pan; let stand about 10 minutes. Use two forks to shred pork; discard excess fat and cartilage. Serve over hot cooked noodles. Makes 10 servings

Per serving without noodles:
Calories 267脂肪 14克
Cholesterol 88毫克

Family-Style Chicken Cacciator

Chicken braised in a sauce of tomatoes, mushrooms, wine, and herbs is irresistible.

1 whole cut-up chicken fryer
1/4 cup Dierbergs flour
1/2 teaspoon ground black pepper
2 tablespoons Dierbergs vegetable oil
4 cups sliced onion
1 red bell pepper, quartered, seeded, and diced
1 can (16 ounces) sliced mushrooms
4 large cloves garlic, minced
1 tablespoon Dierbergs Italian herb seasoning
1/4 teaspoon crushed red pepper flakes
1/2 cup dry red wine
1 jar (24 ounces) pasta sauce
Parmesan cheese, grated

Place large sheet of heavy-duty foil in jellyroll pan in 325°F oven until tender; about 2 1/2 to 3 hours. Serve over hot cooked noodles. Makes 10 servings

Kahlúa Braised Brisket

Pile thin slices of this savory brisket onto soft buns and dip into the tasty au jus. You’ll be amazed at how something so simple can be so delicious.

1 super-trimmed flat-cut beef brisket (about 2 1/2 to 3 pounds)
1/2 cup Kahlúa or other coffee liqueur
2 tablespoons Dierbergs vegetable oil
2 tablespoons liquid smoke
Dierbergs sandwich buns

Cut each chicken breast piece in half. In shallow dish, combine flour, salt, and pepper. Coat chicken in flour mixture. In large skillet, heat oil over medium heat. Cook chicken in batches until lightly browned, about 2 to 3 minutes per side. Place chicken in single layer in large roasting pan; set aside.

In same skillet, add onion, bell pepper, mushrooms, garlic, Italian seasoning, and red pepper flakes; cook stirring often until slightly softened, about 2 to 3 minutes. Stir in wine; bring to a boil. Pour over chicken in roasting pan; cover and let stand 2 1/2 to 3 hours. Serve over polenta with Parmesan sprinkled over top. Makes 6 servings

Per serving:
Calories 485脂肪 14克
Cholesterol 331毫克

Polenta, cooked according to package directions
Dierbergs grated Parmesan cheese
To feel safe and warm on a cold wet night, all you really need is soup.

Laurie Colwin, novelist, short story and food writer (1944-1992)

SOUP’S ON

While it’s hard to believe those cold, wet nights will soon be a reality, it’s safe to say the cooks in Dierbergs Kitchen won’t be caught by surprise.

We’ve braced for the chill by adding five NEW varieties to our large selection of house-made soups, guaranteed to make you “feel safe and warm.” Made with all-natural ingredients, they are convenient for a quick lunch, or a home-style supper.

OLD-FASHIONED CHICKEN & DUMPLINGS: This hearty comfort-food classic is made with all-white meat chicken, thick dumpling noodles, carrots and celery in a creamy poultry broth.

3-BEAN QUINOA VEGETARIAN CHILI: A small measure of green chiles gives kick to this vegan recipe made with a chili-seasoned tomato base, whole grain quinoa, and a blend of heart-healthy beans (black beans, kidney beans, and garbanzo beans).

CREAMY CLAM CHOWDER: A rich, seasoned cream is the base for this classic recipe with tender clams, potatoes, carrots and celery.

SAUSAGE & CHICKEN GUMBO: Our take on the Louisiana favorite combines mild sausage and tender, white chicken in a rich, Cajun-seasoned tomato broth with fresh veggies and smoked paprika.

CREAMY WHOLE GRAIN WILD MUSHROOM SOUP: This hearty vegetarian soup is made with whole grains (quinoa, barley, wheatberry, wild rice) and mushrooms in a flavorful dry sherry cream sauce with hints of garlic and thyme.

Check out our BREAD BOWLS for your soup in our BAKERY DEPT.

About Our HOUSE-MADE SOUPS

- Packaged in convenient microwave-safe cups, ready to heat & serve
- Prepared fresh in Dierbergs Kitchen
- Made with premium all-natural ingredients
- Five new flavors coming in September

Find our HOUSE-MADE SOUPS near the SALAD BAR

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let’s make a dinner deal

When it comes to getting kids to eat dinner – especially something that’s good for them – it takes more than a little negotiation. Why not meet in the middle and serve up the flavors they love in brand new ways? Kids get to eat what they like, and you like that they’re getting a great meal. Can’t argue with that!

DINNER DEAL IN OUR SCHOOL OF COOKING

Visit to register for classes.

SCHOOL OF COOKING

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JOE, JULIA

GET BACK TO SCHOOL...

in OUR COOKING CLASSES!

Visit Dierbergs.com to register for classes.

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R E C I P E S

My-Oh-My Pasta Pie

Now, that’s using your noodle! Spaghetti meets pepperoni pizza in this deep-dish dinner pie that everyone will love.

3 large Dierbergs eggs, lightly beaten
1/2 cup Dierbergs grated parmesan cheese
2 tablespoons Dierbergs butter, melted
1/4 teaspoon ground black pepper
8 ounces (1/2 of 16-ounce box) Dierbergs thin spaghetti, broken into 2-inch pieces, cooked according to package directions, omitting oil and salt
1 cup Dierbergs low-fat small curd cottage cheese
1 package (8 ounces) Dierbergs shredded mozzarella cheese (divided)
1 jar (14 to 16 ounces) prepared light spaghetti sauce
1 cup coarsely chopped turkey pepperoni (optional)
2 tablespoons Dierbergs grated parmesan cheese

In large bowl, stir together eggs, the 1/2 cup parmesan, butter, and pepper until well mixed. Stir in cooked spaghetti. Place in 9-inch deep-dish pie plate that has been lightly coated with no-stick cooking spray. Topped with cottage cheese, spaghetti sauce, pepperoni; spread over top, spreading cheese evenly.

Let stand 10 minutes before serving.

Per serving:
Calories 304
Fat 10 g
Cholesterol 48 mg
Sodium 683 mg
Carbohydrate 21 g
Fiber 3 g
Protein 25 g

B B Q  Potato C hip

Chicken Fingers

All signs point to these deliciously crispy chicken fingers being a huge hit. Why not grab a few and see for yourself?

2 pounds chicken tenders
1 teaspoon onion powder
1 teaspoon garlic powder
1/8 teaspoon ground black pepper
1/3 cup grated parmesean cheese
3/4 inch thick

In small bowl, stir together garlic powder, onion powder, and seasoned salt; sprinkle over both sides of tenders. Place crushed potato chips in large freezer-wa...
one sweet little bite

When it’s time for dessert, how many times have you said, “Oh, I’ll have just one little bite?” Mmm, hmm — thought so! We’ve designed these delectable little desserts that are just the right size to take the edge off that craving for something sweet. It may not be easy to stick to just one, but with these marvelous minis, you can at least say you tried.

One-Bite Banana Cream Pies

We’ve deconstructed this diner classic and transformed it into tiny pastries. Try our rum-spiked vanilla pies and the Kahlúa-laced chocolate version.

Garnish with whipped topping and Frozen non-dairy whipped topping, thawed Dierbergs Bakery chocolate sprinkles

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Garnish with whipped topping and Frozen non-dairy whipped topping, thawed Dierbergs Bakery chocolate sprinkles

1 refrigerated pie crust (1/2 of 14.1-ounce package)
1 cup half-and-half
1 box (4 servings) instant vanilla pudding mix
2 tablespoons Dierbergs light rum
3 medium bananas, sliced 1/4 inch thick
2 cups heavy cream
1/2 cup granulated sugar
1/2 cup powdered sugar

FILeLLING

2 tablespoons pure maple syrup
1/2 cup canned pumpkin
1/2 cup firm packed Dierbergs brown sugar
2 tablespoons Dierbergs granulated sugar
1/2 teaspoon ground cinnamon

CRuST

1/2 cup graham cracker crumbs
2 tablespoons Dierbergs brown sugar
2 tablespoons Dierbergs butter, melted
1 tablespoon pure maple syrup
1/4 teaspoon ground cinnamon

In 4-cup glass measure, combine chocolate chips and butterscotch chips. Microwave (high) 1 minute. Let stand 1 minute; stir until chips are melted and smooth. Stir in rice noodles, pecans, and bacon bits.

Drop by rounded teaspoonfuls onto parchment-lined baking sheet. Pierce pastry squares with fork to allow steam to escape. Bake in 400°F oven until very light golden brown, about 6 to 8 minutes. Cool completely on wire racks.

In large bowl, whisk together half-and-half, pudding mix, and rum until well mixed. Cover and chill 10 minutes. Place 2 tablespoons apple mixture in center of each circle. Brush edges with milk. Fold in half to enclose filling and form half-moons. Press edges with tires of fork to seal. Place on parchment-lined baking sheets. Lightly brush with milk.

Bake in 375°F oven until light golden brown, about 20 to 25 minutes. Cool on wire racks 15 minutes. Drizzle glaze over each pie.

Makes 8 servings

Per serving: Calories 278 • Fat 13 g • Cholesterol 1 mg • Sodium 223 mg
Carbohydrate 40 g • Fiber 1 g • Protein 2 g

Chocolate Bacon Clusters

Bacon isn’t just for breakfast anymore! These crispy clusters are smoky, salty, sweet, and chocolaty. What more could you ask for, besides another one?

1/2 cup semisweet chocolate chips
1/2 cup butterscotch chips
1/2 cup crispy rice noodles (LupChy)
1/2 cup pecan chips, toasted
1/4 cup real bacon bits

In 4-cup glass measure, combine chocolate chips and butterscotch chips. Microwave (high) 1 minute. Let stand 1 minute; stir until chips are melted and smooth. Stir in rice noodles, pecans, and bacon bits.

Drop by rounded teaspoonfuls onto parchment-lined baking sheet. Chill at least 30 minutes. Store in covered container in refrigerator.

Makes 16 clusters

Per serving: Calories 92 • Fat 6 g • Cholesterol 1 mg • Sodium 76 mg
Carbohydrate 8 g • Fiber 1 g • Protein 1 g

Bite-Size Pumpkin Cheesecakes

These tiny pumpkin delights are rich, creamy, and spiced just right. They get a little extra sweetness from a splash of maple syrup.

CRuST

1/3 cup graham cracker crumbs
2 tablespoons Dierbergs brown sugar
2 tablespoons Dierbergs butter, melted
1 tablespoon pure maple syrup
1/4 teaspoon ground cinnamon

FILLING

1 package (8 ounces) cream cheese, softened
1/2 cup canned pumpkin
1 large Dierbergs egg
1/4 cup firmly packed Dierbergs brown sugar
1/4 cup Dierbergs granulated sugar
2 tablespoons pure maple syrup
1/2 teaspoon ground pumpkin pie spice

Sweetened whipped cream

FOR CRuST

In medium bowl, stir together all crust ingredients until well mixed. Line 36 mini muffin cups with paper baking cups. Place 1 teaspoon crumb mixture in each muffin cup; press firmly into bottom of cups and set aside.

FOR FILLING

In large mixer bowl, beat cream cheese at high speed until light and fluffy. Beat in pumpkin, egg, sugars, syrup, and pie spice at low speed scraping bowl occasionally until well mixed. Spoon a scant tablespoon filling into each muffin cup. Bake in 375°F oven until filling is set and slightly puffed, about 12 to 15 minutes. Remove cheesecakes from pan; cool on wire racks. Place in covered container; chill several hours or overnight. Serve topped with dollop of sweetened whipped cream.

Makes 3 dozen

Per serving: Calories 55 • Fat 2 g • Cholesterol 1 mg • Sodium 37 mg
Carbohydrate 6 g • Fiber 1 g • Protein 1 g

Mini Caramel Apple Pies

Can you eat a whole pie in a couple of bites? You can when it’s one of these mini delights! A drizzle of caramel glaze makes them perfect for fall.

2 tablespoons Dierbergs granulated sugar
2 teaspoons cornstarch
1/2 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1 cup peeled, cored, and finely chopped apple (Fuji, Jonathan, or Gala)
3 package (14.1 ounces) refrigerated pie crusts
1 tablespoon Dierbergs milk
Caramel Glaze (recipe follows)

In large bowl, combine granulated sugar, cornstarch, and spices. Stir in apples; let stand while preparing crust.

On lightly floured surface, roll one pie crust to smooth circles. Cut into four 4 1/2-inch circles. Repeat with remaining pie crust.

Place 2 tablespoons apple mixture in center of each circle. Brush edges with milk. Fold in half to enclose filling and form half-moons. Press edges with tires of fork to seal. Place on parchment-lined baking sheets. Lightly brush with milk.

Bake in 375°F oven until light golden brown, about 20 to 25 minutes. Cool on wire racks 15 minutes. Drizzle glaze over each pie.

Makes 8 servings

Per serving: Calories 278 • Fat 13 g • Cholesterol 1 mg • Sodium 223 mg
Carbohydrate 40 g • Fiber 1 g • Protein 2 g

Caramel Glaze

1/2 cup Dierbergs powdered sugar
2 tablespoons caramel ice cream topping
1/4 teaspoon vanilla extract

In small bowl, stir together all ingredients until well mixed.

Makes 16 cup


R E C I P E S
What’s been around for more than 1400 years and is almost impossible to resist? What we know and love as the pretzel began when French and Italian monks first rolled dough into strips, then shaped them to resemble a child’s arms folded in prayer. Children who memorized their prayers received a pretzel. It began when French and Italian monks first rolled dough into strips, then shaped them to resemble a cross. The pretzel was a symbol of their devotion to the Holy Cross.

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What’s been around for more than 1400 years and is almost impossible to resist? What we know and love as pretzels is perfect for a family fun night in the kitchen. And, you can eat the results!

**Soft & Chewy Pretzels**

Warm from the oven and studded with crunchy salt, these old-fashioned pretzels are hard to beat. Pass the mustard, please!

1 cup warm (105° to 110°F) water
1 tablespoon Dierbergs brown sugar
3 envelopes (1¼ ounce) active dry yeast (12 ¼ teaspoons) (not quick-rising)
3 cups bread flour
2 teaspoons coarse salt
10 cups water
¼ cup baking soda
1 large Dierbergs egg, beaten with 1 tablespoon water

**TO MAKE PRETZEL DOUGH**

In 1-cup glass measure, combine the 1 cup water, brown sugar, and yeast. Let stand 5 minutes. Place flour and the 2 teaspoons coarse salt in work bowl of food processor fitted with steel knife blade; pulse several times to combine. With machine running, pour yeast mixture through feed tube in slow, steady stream; process until dough forms ball and cleans sides of bowl. Process for 45 seconds. Shape dough into smooth ball; place in large bowl that has been lightly coated with no-stick cooking spray. Cover with plastic wrap and let rise in warm place until double in size, about 1 hour. Punch down dough.

**TO SHAPE PRETZELS**

Roll dough into 16-inch rope; divide into 12 equal pieces. (Keep dough pieces and shaped pretzels loosely covered with damp towel to prevent drying out.) Roll one dough piece into very thin rope about 20 to 22 inches long; twist rope into pretzel shape (see Step-by-Step Photos). Place on parchment-lined baking sheet. Repeat with remaining dough. Let rise 15 to 20 minutes (pretzels will not double in size).

**TO SIMMER PRETZELS**

In Dutch oven, bring the 10 cups water to a boil; stir in baking soda. Reduce heat so water is just simmerring. Simmer pretzels in batches until slightly puffed, about 30 seconds per side. Place pretzels 2 inches apart on parchment-lined baking sheets.

**TO MAKE PRETZEL DOUGH**

Prepare pretzel dough according to Soft and Chewy Pretzels directions. While dough is rising, put hot dogs on baking sheet. Repeat with remaining dough. Let rise 15 to 20 minutes. Place on parchement-lined baking sheet. Roll dough into 16-inch rope; divide into 12 equal pieces. (Keep dough pieces and shaped pretzels loosely covered with damp towel to prevent drying out.) Roll one dough piece into very thin rope about 20 to 22 inches long; twist rope into pretzel shape (see Step-by-Step Photos). Place on parchment-lined baking sheet. Repeat with remaining dough. Let rise 15 to 20 minutes (pretzels will not double in size).

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Beer Cheese Pretzel Dip

2 tablespoons Dierbergs butter
2 tablespoons plus 1 teaspoon Dierbergs flour
1 teaspoon stone ground mustard
1 cup lager beer
1 package (8 ounces) Dierbergs shredded sharp cheddar cheese
1 package (8 ounces) Velveeta Shreds
3 to 4 drops hot pepper sauce

In medium saucepan, melt butter over medium-high heat. Whisk in flour; cook whisking constantly 1 minute. Whisk in mustard. Slowly whisk in beer; cook stirring constantly until mixture begins to thicken, about 2 to 3 minutes. Add cheeses; stir constantly over low heat until melted and smooth. Add hot sauce. Serve warm.

Makes about 4 cups

Per 1/4 cup:
- Calories 130
- Fat 10 g
- Cholesterol 31 mg
- Sodium 299 mg
- Carbohydrate 3 g
- Fiber 0 g
- Protein 7 g