everybody COOKS

SIGNS OF Spring

FAST & FABULOUS FAMILY MEALS

MERINGUE IS THE THING!

Dierbergs
IT'S FRESH. IT'S FRIENDLY. IT'S DIERBERGS.
Ready for Spring

If you’re like me, you’re done with the cold weather and ready for things to warm-up.

Spring is the season of new beginnings and fresh starts, like cooking and eating lighter, healthier foods that you can feel good about. For those nights when you’re doing the cooking yourself, we know how much you love this magazine as your go-to resource for great food ideas. These pages are loaded with lots of light, fresh, and delicious recipes.

But it’s a challenge to keep meals simple on busy weeknights. Sometimes you just have to grab dinner on the fly and you end up in the drive-through line more often than you’d like to admit.

That’s where our new Fresh & Fit Ready to Heat Meals come in (see page 20). These fully prepared, single-serve meals make it easy to eat well and keep things in balance. Our team created each one with the USDA’s dietary guidelines in mind, focusing on lean proteins, vegetables, whole grains and other nutrient-dense foods. The portions are right-sized, too. Every delicious meal combination is satisfying and big on flavor.

The hardest part is deciding which one to try first!

Enjoy!

Greg Dierberg
pho ga

ON THE COVER

Serve this traditional Vietnamese noodle bowl restaurant style and let everyone add the toppings they like best. It’s comfortingly delicious!

1 tablespoon Dierbergs olive oil
1 package split, bone-in, skin-on chicken breasts (about 1 1/2 to 2 pounds)
Freshly ground black pepper
10 cups water
1 large white onion, cut into wedges
1 piece fresh ginger root (about 3 inches), peeled and sliced
2 tablespoons chicken base
2 teaspoons fish sauce
2 whole cinnamon sticks
10 whole cloves
4 whole star anise (Produce Department)
1 teaspoon coriander seed
Stems from 1 bunch cilantro
8 ounces (1/2 of 16-ounce package) Thai rice noodles, prepared according to package directions

Toppings Fresh basil, cilantro, mint, lime wedges, bean sprouts, jalapeno pepper rings, sliced green onion

In Dutch oven or large saucepan, heat olive oil over medium-high heat. Season chicken with pepper. Add chicken skin-side down; cook until golden brown, about 3 to 5 minutes. Add water, onion, ginger root, chicken base, fish sauce, whole spices, and cilantro stems; bring to a boil. Reduce heat; simmer stirring occasionally until chicken is cooked through, about 30 minutes. Place chicken on cutting board; let stand until slightly cooled. Remove and discard skin and bone from chicken; shred chicken with fork. Strain broth; return to pan and stir in shredded chicken.

Divide rice noodles among 4 bowls. Ladle generous amount of soup into each bowl. Top each as desired. Makes 4 servings

Nutrition analysis not available.

TIP

We recommend using whole spices to add depth and authentic flavor to this soup. However you can omit the whole spices and substitute 1 teaspoon Chinese 5-spice powder for convenience.

Just BARE Natural Chicken is our choice for great tasting chicken soup. There’s nothing artificial, and no antibiotics. These family farm raised chickens are vegetable and grain fed for fresh, natural goodness.
green goddess scrambled eggs

This green, herby scramble is a great way to start the day. Or serve it for a light, easy dinner with a glass of crisp, white wine.
lemon basil asparagus farfalle

Asparagus, lemon, and basil – this bright, fresh pasta is like springtime in a bowl.

In large pot of rapidly boiling water, cook pasta until al dente, about 6 to 8 minutes; drain.

Meanwhile, in large skillet, heat 2 tablespoons of the olive oil over medium-high heat. Add pancetta; cook stirring often until crisp, about 8 minutes. Add garlic; cook 1 minute. Add 1/2 cup of the broth and spinach; reduce heat and cook stirring often until spinach wilts, about 3 minutes. Stir in asparagus.

In 2-cup measure, whisk together remaining 1 cup broth, lemon peel and juice, and cornstarch until smooth. Add to skillet; cook stirring often until slightly thickened, about 2 to 3 minutes.

Place pasta in large serving bowl; toss with the remaining 1 tablespoon olive oil. Add spinach mixture, basil, and cheese; toss until well mixed. Season with pepper.

Makes 8 side dish or 4 main dish servings

Per side dish serving:  Calories 265 • Fat 13g • Cholesterol 14mg • Sodium 390mg Carbohydrate 26g • Fiber 2g • Protein 9g

green goddess scrambled eggs

In large nonstick skillet, heat olive oil over medium-high heat. Add green onion; cook stirring often until tender, about 3 minutes. Add spinach; cook stirring often until wilted, about 2 to 3 minutes. Transfer to plate; set aside.

Use paper towel to wipe out any excess moisture from skillet; set skillet aside. In medium bowl, beat eggs, water, salt, and white pepper until well mixed. In reserved skillet, melt Chardonnay Butter over medium-high heat. Add egg mixture, chives, and tarragon; cook gently stirring until eggs are just set. Remove from heat. Stir in spinach mixture. Let stand 1 to 2 minutes.

Spread each slice of toast with Chardonnay Butter; top with eggs and dollop of sour cream.

Makes 4 servings

Per serving:  Calories 325 • Fat 21g • Cholesterol 395mg • Sodium 854mg Carbohydrate 17g • Fiber 2g • Protein 17g
Families come in all shapes, sizes…and appetites! Whether you’re feeding picky kids or super-foodies, or folks who are somewhere in-between, we have something for everyone at your table.

Fast & Fabulous FAMILY MEALS

Creamy Polenta with Roasted Veggies

Brussels Sprout Hash
SEARED PORK CHOPS

Perfectly-cooked pork chops take just a few minutes. Really! They go great with either of our healthy sides.

4 boneless pork loin chops (about 1 pound)
Coarse salt and freshly ground black pepper
1 tablespoon Dierbergs olive oil
1 cup dry white wine (Chardonnay, Pinot Grigio, Sauvignon Blanc)
1 tablespoon Beurre Manié (see Sidebar page 17)

Season pork with salt and pepper. In large skillet, heat olive oil over medium-high heat. Add pork; cook until browned and internal temperature is 150°F., about 5 to 6 minutes per side. Transfer pork to plate; cover and keep warm.

Place pan with drippings over medium-high heat. Add wine; stir to scrape browned bits from bottom of pan. Gradually whisk in Beurre Manié until smooth; cook whisking constantly until mixture is slightly thickened. Drizzle over pork.

Makes 4 servings

Per serving: Calories 216 • Fat 7g
Cholesterol 75mg • Sodium 49mg
Carbohydrate 2g • Fiber 0g • Protein 23g

BRUSSELS SPROUT HASH

1 bag (24 ounces) baby Dutch creamer potatoes, quartered
1/2 pound Brussels sprouts
2 tablespoons Dierbergs olive oil
2 tablespoons Dierbergs butter
1/4 cup thinly sliced shallot
2 tablespoons Dijon mustard
1 tablespoon grated lemon peel
1 tablespoon fresh lemon juice

Place potatoes in medium saucepan; cover with cold water. Bring to a boil over medium-high heat. Reduce heat and simmer until tender, about 15 to 20 minutes. Drain well; set aside.

Trim ends and remove outer leaves of Brussels sprouts. Fit food processor with thin slicing disc; slice Brussels sprouts (about 3 cups).

In large skillet, heat olive oil and butter over medium heat. Add shallot; cook stirring occasionally until shallot wilts, about 2 minutes. Add potatoes; cook stirring occasionally until potatoes start to brown, about 5 to 6 minutes. Add Brussels sprouts; cook stirring occasionally until lightly browned. In small bowl, combine Dijon, dill, and lemon peel and juice; stir into veggies. Reduce heat; cook until heated through, about 2 minutes.

Makes 4 servings

Per serving: Calories 262 • Fat 13g
Cholesterol 15mg • Sodium 195mg
Carbohydrate 36g • Fiber 6g • Protein 7g

CREAMY POLENTA WITH ROASTED VEGGIES

1 cup grape tomatoes
1/2 pound asparagus, trimmed
1 clove garlic, thinly sliced
2 teaspoons Dierbergs olive oil
Coarse salt and freshly ground black pepper
1/3 cup chopped fresh basil
3 cups water
1 cup yellow polenta corn grits
2 ounces Dierbergs cream cheese, cut into cubes
1/4 cup shredded parmesan cheese
2 tablespoons Dierbergs butter

Place tomatoes, asparagus, and garlic on foil-lined jellyroll pan. Drizzle olive oil over top; toss until well mixed. Season with salt and pepper. Roast in 400°F. oven until tomatoes soften and asparagus are tender, about 15 minutes. Sprinkle basil over top; toss until well mixed. Set aside.

Meanwhile, in medium saucepan, bring water to a boil over medium-high heat. Quickly whisk in polenta. Reduce heat to low; cook stirring occasionally until tender, about 5 minutes. Whisk in cream cheese, parmesan, and butter until melted and smooth. Immediately divide among 4 plates; top with roasted vegetables.

Makes 4 servings

Per serving: Calories 283 • Fat 15g
Cholesterol 34mg • Sodium 142mg
Carbohydrate 31g • Fiber 3g • Protein 4g

New Look. New Classes.

Our cooking class brochure is looking fresh for spring!

Pick up your free in-store copy or view online at Dierbergs.com/School.
THAI SALMON NOODLE BOWL

Build a fabulous meal in a bowl, one delicious layer at a time.

THAI SALMON
3 cups water
2 tablespoons coarse salt
4 salmon fillets, skin removed (about 4 ounces each)
Salt and freshly ground black pepper
2 tablespoons Dierbergs olive oil

In 8-cup glass measure, combine water and the coarse salt; stir until salt dissolves. Add salmon; let stand 15 to 20 minutes. Remove salmon from brine and pat dry; discard brine. Season with salt and pepper.

In large skillet, heat olive oil over medium-high heat. Add salmon; cook until opaque throughout and internal temperature is 145°F., about 4 to 5 minutes per side. Transfer salmon to plate; cover and keep warm.

Makes 4 servings

COCONUT CURRY SAUCE
1 cup canned lite coconut milk
2 tablespoons Dierbergs brown sugar
2 tablespoons reduced-sodium soy sauce
2 teaspoons white rice or white wine vinegar
2 teaspoons cornstarch, dissolved in 1 tablespoon water
1/2 teaspoon curry powder

In small saucepan, combine coconut milk, brown sugar, soy sauce, vinegar, cornstarch mixture, and curry powder; cook over medium-high heat stirring constantly until mixture comes to a boil and is slightly thickened.

Makes about 1 1/4 cups

CRISPY NOODLES
3 packages (3 ounces each) ramen noodles (discard seasoning packets)
1/4 cup Dierbergs butter

Bring large pot of water to a boil. Remove from heat; add ramen noodles and let stand until plumped and beginning to come apart, about 3 to 4 minutes. Drain well; set aside.

In large skillet, melt butter over medium-high heat. Add noodles; cook turning occasionally until noodles begin to crisp, about 8 minutes. Transfer noodles to plate; cover and keep warm.

Makes about 4 cups

STIR-FRY VEGGIES
2 teaspoons Dierbergs olive oil
1 bag (8 ounces) snow peas, halved
1 red bell pepper, quartered, seeded, and thinly sliced
1/2 head napa cabbage, thinly sliced (about 2 cups)
1 bok choy, white part only thinly sliced (about 1 1/4 cups)

In large skillet, heat olive oil over medium-high heat. Add snow peas and bell pepper; stir-fry until crisp-tender, about 3 minutes. Add napa and bok choy; stir-fry until crisp-tender, about 2 minutes.

Makes about 4 cups

TO SERVE
Divide Crispy Noodles among 4 bowls; top each with Stir-Fry Veggies and Thai Salmon. Spoon Curry Sauce over top.

Makes 4 servings

Per serving: Calories 741
Fat 48g • Cholesterol 93mg
Sodium 773mg • Carbohydrate 47g
Fiber 3g • Protein 32g
TIME IT LIKE A PRO
Start by measuring everything. Then here’s how to put it together...

1. Place salmon in brine.
4. Cook salmon in same skillet.
5. Stir-fry veggies in same skillet.
6. Assemble noodle bowls!

In large freezer-weight reclosable plastic bag, combine salmon, apple juice, and salt. Seal bag and turn to coat salmon; place bag on plate and marinate in refrigerator 15 minutes. Remove salmon from bag; discard marinade. Season salmon with pepper.

In large nonstick skillet, heat olive oil over medium heat. Add salmon; cook until opaque throughout and internal temperature is 145°F., about 4 to 5 minutes per side.

Place tortillas on flat work surface; spread each with 1 tablespoon ranch dressing. Top each with lettuce, 1 salmon fillet, and sliced avocado, tomato, and bell pepper. Fold tortilla to enclose filling. Cut each wrap diagonally into 2 pieces.

Makes 6 servings

Per serving: Calories 377 • Fat 22g
Cholesterol 48mg • Sodium 377mg
Carbohydrate 24g • Fiber 4g • Protein 22g

CALIFORNIA SALMON WRAPS
These beautiful wraps have it all goin’ on — rich, colorful, creamy, crunch...Mmm!

3 salmon fillets, skin removed
(about 6 ounces each)
3/4 cup apple juice
1 teaspoon salt
Freshly ground black pepper
2 teaspoons Dierbergs olive oil
3 spinach or flour tortillas
(10-inch diameter)
3 tablespoons ranch dressing
Boston lettuce leaves
1 medium avocado, halved, seeded, peeled, and sliced
2 medium tomatoes, sliced
1 red bell pepper, quartered, seeded, and thinly sliced

All coconut milk is not created equal. We like canned coconut milk for its rich flavor and creamy texture. You’ll find it in the International Aisle at Dierbergs.
**Savory Pan-Seared Chicken Breasts**

Basic pantry spices get together to make an outstanding rub for chicken. (Try it on pork chops, too.) Buttery pasta with crunchy almonds is a simple and comforting side.

- 1/2 cup Dierbergs flour
- 1 tablespoon chili powder
- 2 teaspoons cracked black pepper
- 2 teaspoons Dierbergs brown sugar
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt

Place flour on sheet of waxed paper. In small bowl, stir together chili powder, pepper, brown sugar, onion powder, garlic powder, oregano, and salt; sprinkle over both sides of chicken. Lightly coat both sides of chicken in flour, shaking off excess. Discard remaining flour.

In large skillet, heat 1 tablespoon of the olive oil over medium-high heat. Cook chicken in batches adding oil as needed until lightly browned, about 4 minutes per side. Transfer chicken to plate; cover and keep warm.

Place pan with drippings over medium-high heat. Add broth and wine; stir to scrape brown bits from bottom of pan. Bring to a boil. Gradually whisk in Beurre Manié until smooth; cook whisking constantly until slightly thickened, about 1 minute. Drizzle over chicken.

Makes 6 servings

Per serving: Calories 246 • Fat 10g • Cholesterol 89mg • Sodium 321mg
Carbohydrate 7g • Fiber 1g • Protein 27g
CARIBBEAN CHICKEN

A little rum adds a little fun to the chicken’s rich caramelized pan sauce. A scoop of colorful rice on the side makes it a meal.

2 tablespoons Dierbergs brown sugar
2 tablespoons Caribbean Jerk seasoning
1 1/2 pounds thin sliced boneless, skinless chicken breast
2 tablespoons Dijon mustard
2 tablespoons Dierbergs olive oil (divided)
1 can (14.5 ounces) reduced-sodium chicken broth
1/3 cup dark rum
3 tablespoons Beurre Manié (see Sidebar page 17)

In small bowl, stir together brown sugar and Jerk seasoning. Brush Dijon over both sides of chicken. Sprinkle brown sugar mixture over both sides of chicken.

In large skillet, heat 1 tablespoon of the olive oil over medium-high heat. Cook chicken in batches adding oil as needed until lightly browned, about 4 minutes per side. Transfer chicken to plate; cover and keep warm.

Place pan with drippings over medium-high heat. Add broth; stir to scrape brown bits from bottom of pan. Remove from heat; stir in rum. Bring to a boil over medium heat; cook until reduced to 1 1/2 cups, about 6 minutes.

Gradually whisk in Beurre Manié until smooth; cook whisking constantly until slightly thickened. Strain and drizzle over chicken.

Makes 6 servings

Per serving: Calories 267 • Fat 11g • Cholesterol 93mg • Sodium 601mg
Carbohydrate 5g • Fiber <1g • Protein 27g

PINEAPPLE RICE

1 cup jasmine rice
1 slice (1/4 inch thick) fresh ginger root, peeled
1 tablespoon Dierbergs butter
1 teaspoon salt
1 can (8 ounces) pineapple tidbits in juice, well drained
1 cup diced red bell pepper
1 to 2 tablespoons minced fresh jalapeño pepper
1/2 cup cashews, coarsely chopped
2 tablespoons minced fresh cilantro or Italian parsley


Makes 6 servings

Per serving: Calories 207 • Fat 7g • Cholesterol 5mg • Sodium 395mg
Carbohydrate 33g • Fiber 1g • Protein 3g

1 cup diced red bell pepper
1 to 2 tablespoons minced fresh jalapeño pepper
1/2 cup cashews, coarsely chopped
2 tablespoons minced fresh cilantro or Italian parsley


Makes 6 servings

Per serving: Calories 207 • Fat 7g • Cholesterol 5mg • Sodium 395mg
Carbohydrate 33g • Fiber 1g • Protein 3g
PULLED BEEF
WITH RED SAUCE

Got an afternoon? Cook a few dinners! Drop a chuck roast in your slow-cooker and come back later to a meltingly-tender roast bathed in a flavorful sauce. Shred it and you’ve got the makings for some weeknight meals that are ready in minutes.

2 teaspoons smoked paprika
2 teaspoons garlic powder
1 boneless beef chuck roast (about 2½ to 3 pounds)
1 can (15 ounces) Dierbergs tomato sauce
1 cup dry red wine (Cabernet, Merlot)
4 sprigs fresh thyme, OR ½ teaspoon dried

In small bowl, combine smoked paprika and garlic powder until well mixed. Rub seasoning evenly over roast. Place roast in 5-quart slow cooker that has been lightly coated with no-stick cooking spray. In 4-cup measure, whisk together tomato sauce and wine; pour over roast in slow cooker. Add thyme sprigs. Cover and cook 8 hours on low heat setting or 6 hours on high.

Remove roast; cover and cool slightly. Use two forks to shred beef; discard any large pieces of fat. Refrigerate beef and sauce separately. Skim fat from sauce before serving.

Makes about 5 cups Pulled Beef and about 2½ cups Red Sauce

Per 1 cup Beef and ½ cup Sauce without skimming fat: Calories 436 • Fat 21g • Cholesterol 122mg • Sodium 536mg • Carbohydrate 10g • Fiber 2g • Protein 41g

PULLED BEEF AND CARAMELIZED ONION PIZZA

1 tablespoon Dierbergs olive oil
1 cup slivered onion
1/2 cups Pulled Beef, plus 1/3 cup of the Red Sauce (see recipe)
2 tablespoons Dierbergs tomato paste
1 prepared thin pizza crust (Boboli)
1/4 cup julienned sun-dried tomatoes in oil, drained
6 ounces (1/2 cups) shredded provolone and mozzarella cheese blend or monterey jack cheese

In large skillet, heat olive oil over medium heat. Add onion; cook stirring occasionally until lightly browned and caramelized, about 7 to 10 minutes. Cool slightly.

In small bowl, whisk together the Red Sauce and tomato paste until smooth. Spread over pizza crust. Top with caramelized onion, shredded beef, sun-dried tomatoes, and cheese. Bake in 450°F. oven until heated through and cheese is melted, about 10 to 12 minutes.

Makes 4 servings

Per serving: Calories 562 • Fat 27g • Cholesterol 76mg • Sodium 868mg • Carbohydrate 44g • Fiber 2g • Protein 33g

FAST & FABULOUS FAMILY MEALS
RIGATONI WITH PULLED BEEF RAGU

1 package (4 ounces) diced pancetta
1 cup finely chopped onion
1/2 cup finely chopped celery
1/2 cup finely chopped carrot
1 carton (8 ounces) sliced baby bella mushrooms
3 cups Pulled Beef, plus 2 cups of the Red Sauce (see recipe on page 12)
1 cup half-and-half
1 tablespoon Beurre Manié (see Sidebar page 17)
1 box (16 ounces) rigatoni, cooked and drained according to package directions omitting salt and oil
1 cup shaved parmesan cheese
Chopped fresh parsley

In large skillet, cook pancetta over medium-high heat stirring often until crisp and browned, about 8 minutes. Add onion, celery, and carrot; cook stirring often until onion wilts, about 1 to 2 minutes. Add mushrooms; cover and cook stirring occasionally until mushrooms are tender, about 3 to 4 minutes. Add shredded beef, Red Sauce, half-and-half, and Beurre Manié; bring to a boil. Reduce heat and simmer stirring occasionally until slightly thickened, about 15 to 20 minutes. Serve over hot cooked pasta. Sprinkle shaved parmesan and parsley over top.

Makes 8 servings

Per serving: Calories 559 • Fat 22g
Cholesterol 80mg • Sodium 551mg
Carbohydrate 53g • Fiber 4g • Protein 30g
MERINGUE is the thing!

A swooping swirl of meringue — crisp and tinged with golden brown on the outside, fluffy on the inside — is a pie’s crowning glory. But why limit yourself? Transform this billowy concoction of sugar and egg whites into all sorts of delectable desserts.

white chocolate meringue napoleons

Can you keep a secret? This gorgeous dessert is really simple to prepare!

MERINGUE LADYFINGERS

4 large Dierbergs egg whites, at room temperature
1 3/4 cups Dierbergs powdered sugar

WHITE CHOCOLATE MOUSSE

1/2 cup white baking chips
1 teaspoon Dierbergs canola oil
1 box (4-serving) instant white chocolate pudding and pie filling mix
1 cup Dierbergs milk
1 cup whipping cream
1 carton (6 ounces) fresh raspberries
Additional Dierbergs powdered sugar

FOR MERINGUE LADYFINGERS

1. Line baking sheet with parchment paper; draw 2 rectangles each 3 1/2 x 12-inches and about 1 inch apart. Draw lines inside each rectangle to make grid with twelve 1 x 3 1/2-inch rectangles; set aside.

In large mixer bowl, beat egg whites until soft peaks form. Beating constantly at medium speed, add powdered sugar 1 tablespoon at a time. Beat at high speed until very stiff and glossy. Place meringue in large disposable pastry bag; snip off tip of bag to make opening that is about 1 inch wide. Place parchment grid pencil-side down on baking sheet.

2. Pipe meringue onto grid making sure to connect Ladyfingers. Bake in 200°F. oven 2 1/2 hours. Turn off oven. Leave Ladyfingers in oven for several hours or overnight. Carefully remove paper.

FOR WHITE CHOCOLATE MOUSSE

In 1-cup glass measure, combine baking chips and oil. Microwave (high) 1 minute. Let stand 1 minute; stir until chips are melted and smooth. In medium bowl, whisk pudding mix and milk until well mixed. Slowly stir melted chocolate mixture into pudding; set aside.

In large chilled mixer bowl, beat cream until medium peaks form. Gradually beat in pudding mixture on low speed until well mixed.

TO ASSEMBLE

Place one strip Meringue Ladyfingers on cutting board. Spread half of the Mousse over top. Reserve 6 raspberries for garnish.

Cut remaining raspberries in half lengthwise. Place raspberries cut-side up in single layer over Mousse. Carefully spread remaining Mousse over raspberries; top with remaining Meringue Ladyfingers. Using serrated knife, gently cut between every other Ladyfinger. Place on serving plates; dust with additional powdered sugar and garnish with whole raspberry.

Makes 6 servings

Per serving: Calories 477 • Fat 22g Cholesterol 49mg • Sodium 312mg Carbohydrate 68g • Fiber 2g • Protein 5g

make meringue on a dry day

Humid or rainy weather often causes the meringue to draw moisture from the air, giving the peaks of meringue a “beaded” appearance.

choose a glass or metal mixing bowl

One speck of fat can keep egg whites from beating to full volume. Plastic can retain traces of fat even after thorough washing.

use egg whites only!

Break each egg into a small dish, separating the white and yolk. Add the whites to the mixing bowl one at a time so you won’t ruin the whole batch if one yolk breaks.

allow egg whites to come to room temperature

You’ll get better volume when you whip them.

beat egg whites alone until frothy

Then beat in sugar one tablespoon at a time so it dissolves completely.

stop beating when the mixture is smooth and glossy

Rub a little meringue between your fingers. Smooth means the sugar has dissolved.
Mocha Meringue Ice Cream Torte

Need a special occasion dessert? Don’t stress—impress! This beautiful torte is cool, creamy, crunchy, and spiked with Kahlúa!

Mocha Meringue (recipe follows)
1 1/2 quarts coffee ice cream, softened (see Tip)
Kahlúa Fudge Sauce
(recipe follows)
Kahlúa Whipped Cream
(recipe follows)

Make Mocha Meringue as directed.

Cut strip of parchment paper 2 x 28-inches. Lightly coat inside ring of 9-inch springform pan with no-stick cooking spray. Place parchment strip against inside of springform ring. Place one Meringue in pan. Gently spread half of the ice cream over top. Drizzle about 1/4 cup Fudge Sauce over ice cream. Repeat layers. Cover and freeze several hours until firm.

Spread Mocha Whipped Cream over Torte; return Torte to freezer.

TO SERVE Remove springform ring from pan. Lift Torte from pan; remove parchment paper. Place on serving platter. Let stand at room temperature 5 minutes before serving. Drizzle additional Fudge Sauce over top, if desired.

Makes 12 servings

Per serving: Calories 427 • Fat 25g • Cholesterol 72mg • Sodium 66mg • Carbohydrate 50g • Fiber 1g • Protein 4g

To soften ice cream, place carton in refrigerator for 1 hour. This softens the ice cream consistently throughout.

MOCHA MERINGUE
1/2 cup Dierbergs granulated sugar
2 tablespoons unsweetened cocoa powder
1/2 teaspoon instant espresso powder
2 large Dierbergs egg whites, room temperature
1/4 teaspoon cream of tartar
1/4 teaspoon cream of tartar

Remove bottom from 9-inch springform pan. Place on sheet of parchment paper; trace around edges to form circle. Repeat with second sheet of parchment; set aside.

In small bowl, whisk together sugar, cocoa powder, and espresso; set aside.

In large mixer bowl, beat egg whites at medium speed until frothy. Add cream of tartar; beat at medium-high speed until soft peaks form. Add vanilla. Beating constantly, add sugar mixture 1 tablespoon at a time until very stiff and glossy.

Place parchment rounds pencil-side down on baking sheets. Place half of the meringue on each circle; use back of large spoon to evenly spread Meringue to within 1/2 inch of circle edge.

Bake in 225°F. oven until crisp, about 1 hour. Remove from oven; cool on parchment paper. Carefully remove parchment.

Makes two 8-inch Meringues

KAHLÚA FUDGE SAUCE
1 cup semisweet chocolate chips
1/2 cup light corn syrup
1 tablespoon Dierbergs butter
2 tablespoons whipping cream
2 tablespoons coffee liqueur (Kahlúa)

In 4-cup glass measure, combine chocolate chips, corn syrup, and butter. Microwave (high) 2 minutes. Let stand 1 minute; stir until chocolate is melted and smooth. Stir in cream and liqueur until smooth. Cool 15 minutes before drizzling over Torte.

Makes 1 1/2 cups

Per 1 1/2 tablespoons: Calories 103 • Fat 5g • Cholesterol 5mg • Sodium 9mg • Carbohydrate 16g • Fiber 1g • Protein 1g

KAHLÚA WHIPPED CREAM
1 1/2 cups whipping cream
1/3 cup Dierbergs powdered sugar
3 tablespoons coffee liqueur (Kahlúa)

In large chilled mixer bowl, beat cream, powdered sugar, and liqueur at high speed until stiff peaks form. Cover and chill until ready to use.

Makes about 3 cups

For perfect slices, dip knife in hot water after each cut.
BEURRE NOISETTE
(Burr Nwah-ZEHT) or
BROWN BUTTER
is butter that has been cooked over low heat until light brown in color. A drizzle makes ordinary vegetables, fish, chicken… anything…taste luxurious. Once the butter begins to brown, it can burn quickly. Use a shiny skillet so you can watch it closely.

TO MAKE BEURRE MANIÉ
In small bowl, stir together ½ cup (1 stick) softened butter and ½ cup flour until well mixed. Drop tablespoonfuls onto waxed paper; freeze several hours or overnight. Once completely frozen, place in reclosable plastic bag and freeze until ready to use.

CLARIFIED BUTTER
or DRAWN BUTTER
is the golden liquid that remains when unsalted butter has been slowly melted and allowed to stand until the milk solids settle to the bottom. Clarifying raises the smoke point of butter, which means you can cook at a higher temperature before it burns.

TO MAKE CLARIFIED BUTTER
In small heavy saucepan, melt ½ cup butter over low heat until it foams. Pour into 1-cup pitcher; let settle into layers. Skim foam from top. Carefully pour off clear liquid, which is the clarified butter, leaving the liquid whey and milk solids in the pitcher. Store in refrigerator.
seared scallops with tomato clam sauce

Toss pasta with a buttery tomato clam sauce and top with tender sautéed scallops for an amazing entrée. Dierbergs super-fresh scallops are dry, untreated and known for their sweet delicate flavor.

3 tablespoons Clarified Butter (divided) (see Sidebar page 17)
1 pound bay scallops
1 teaspoon Old Bay seasoning
2 large cloves garlic, minced (divided)
1/2 cup diced onion
1 can (28 ounces) diced tomatoes with basil, garlic, and oregano
1 bottle (8 ounces) clam juice
1 tablespoon Dierbergs tomato paste
1 teaspoon Dierbergs sugar
1/4 teaspoon ground black pepper
2 tablespoons Beurre Manié (see Sidebar page 17)
8 ounces Dierbergs angel hair pasta, cooked according to package directions omitting salt and oil
1/4 cup minced fresh basil

In large skillet, heat 2 tablespoons of the Clarified Butter over high heat. Add scallops, seasoning, and half of the garlic; cook stirring frequently until scallops are opaque and lightly browned, about 4 to 5 minutes per side. Transfer scallops to plate; cover and keep warm.

In same skillet, heat remaining 1 tablespoon Clarified Butter over high heat. Add onion and remaining garlic; cook stirring often until onion wilts, about 1 to 2 minutes. Stir in tomatoes, clam juice, tomato paste, sugar, and pepper; bring to a boil. Reduce heat; simmer stirring occasionally for 10 minutes. Whisk in Beurre Manié until dissolved; cook whisking constantly until slightly thickened, about 5 minutes. Return scallops to pan. Serve over hot cooked pasta. Sprinkle basil over top. Makes 4 servings

spinach salad with brown butter vinaigrette

Nutty brown butter gently wilts spinach for a new take on the classic salad. And is it ever delicious!

1 package (5 ounces) baby spinach, rinsed and drained
1/2 cup slivered red onion
1/4 cup Dierbergs unsalted butter
3/4 cup Dierbergs pecan halves
2 cloves garlic, minced
2 tablespoons balsamic vinegar
1 tablespoon fresh lemon juice
1 teaspoon Dierbergs sugar
Freshly ground black pepper
1 container (4 ounces) Dierbergs crumbled feta cheese

In medium serving bowl, combine spinach and onion; set aside.

In medium skillet, melt butter over medium heat. Add pecans; cook stirring occasionally until butter is brown, about 2 to 3 minutes. Remove from heat. Whisk in garlic, vinegar, lemon juice, and sugar. Immediately drizzle vinaigrette over salad; toss until well mixed. Season with pepper. Sprinkle cheese over top. Serve immediately.

Makes 6 servings

Per serving: Calories 219 • Fat 19g • Cholesterol 30mg • Sodium 248mg • Carbohydrate 7g • Fiber 2g • Protein 6g
Classic Cream Pound Cake with Brown Butter Glaze

A mellow brown butter glaze takes a classic cake to the next level.

3 cups Dierbergs flour
Pinch salt
1 cup Dierbergs unsalted butter, softened
3 cups Dierbergs sugar
6 large Dierbergs eggs
1 tablespoon vanilla extract
1 cup whipping cream
No-stick baking spray with flour
Brown Butter Glaze (recipe follows)

In medium bowl, whisk together flour and salt; set aside.

In large mixer bowl, beat butter and sugar at low speed until combined; beat at medium speed for 2 minutes. Beat in eggs one at a time until well mixed. Beat in vanilla. With mixer at low speed, add 1 cup of the flour mixture. Gradually add 1/2 cup of the cream. Repeat. Add remaining 1 cup flour mixture, beating just until combined. Spoon batter into 10-inch angel food cake pan that has been lightly coated with no-stick baking spray with flour. Bake in 325°F oven until wooden pick inserted in center has just a few crumbs clinging to it, about 1 hour 25 minutes. Cool in pan on wire rack 10 minutes.

Run thin knife around pan between cake and pan wall, always pressing against pan. Grasp tube and lift cake out of pan. Loosen cake from tube bottom with thin knife; invert cake onto wire rack. Turn cake right-side up onto second wire rack. Drizzle Glaze over warm cake. Cool completely before moving to serving plate.

Makes 12 servings

Per serving: Calories 636 • Fat 29g
Cholesterol 172mg • Sodium 59mg
Carbohydrate 88g • Fiber 1g • Protein 7g

In small saucepan, melt butter over medium-low heat; cook stirring occasionally until light golden brown and brown flecks can be seen in bottom of pan, about 10 to 12 minutes. In medium bowl, whisk together powdered sugar and milk until smooth. Slowly whisk in butter, leaving dark sediment in pan, until well mixed.

Makes about 1/2 cup
New Easy Meals that **FIT**
a Balanced Lifestyle

**New! FROM OUR DELI**

Southwest Grilled Chicken Ranchero Meal
563 Calories/33g Protein/8g Fiber
EATING HEALTHIER.
Even though many of us aspire to that goal, hectic schedules often lead to the inevitable trip through the drive-through.

Dierbergs Kitchen gives you a better option, with our new lineup of Fresh & Fit Ready-To-Heat Meals. We developed these meals by adhering to key recommendations from the USDA’s recently released Dietary Guidelines detailing eating patterns rich with vegetables, lean proteins, whole grains, beans and nuts, healthy oils and nutrient-dense whole foods. Plus, the USDA placed limits on added sugars, saturated fats and sodium.

You’ll find full meals that meet these guidelines, with enough variety to support your individual lifestyle goals.

Enjoy!

PACKED AND PORTIONED for proper nutrition.
Protein-packed
VEGETARIAN OPTIONS.

Most meet our EAT HEARTY STANDARDS for heart-healthy eating.*

*Dierbergs Eat Hearty Guidelines available at Dierbergs.com.

OUR FRESH & FIT FOODS QUALITY PROMISE
No Artificial Flavors or Colors.
No High Fructose Corn Syrup.
No MSG Added.
Zero Trans Fats.
It’s **BOB’S B**BQ **q**Time!  
(With two new items to boot!)

At Dierbergs, even though BBQ season is all year long, there’s just something extraordinarily special about a crisp, spring day and the unmistakable aroma of fresh meats slow smoking over cherry wood. Just step onto any of our lots. Smell what we’re talking about?

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**Try the newest item on Bob’s BBQ Menu**

**Succulent Smoked Turkey Breast**
Premium smoked turkey breast seasoned with our Signature Bob’s BBQ Spice Rub and smoked in our own smoker over apple and cherry woods.

$10.99 lb.

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**Smoked Sweet Potatoes**
Premium sweet potatoes wedged, seasoned with Bob’s Smoker rub, and then slow-smoked for unique.

$5.99 lb.

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**Smoked Golden Yukons**
Mild smoky flavor perfectly pairs with the buttery goodness of these golden Yukons.

$4.99 lb. (approx. 10–12 per lb.)

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Pick it up in store or order now at Dierbergs.com
New!
Bob’s Smoked Chicken or Beef Quesadilla Platter
$12.99 (12 mini slices)

Bob’s Smokehouse Signature Cherry Wood Ham
With our Signature Honey Dijon Glaze

Bob’s BBQ Smoked Chicken Wings
With choice of sauce: Mango Chipotle, Hot Buffalo, Thai Chili, Honey BBQ Sauce or our Brown Sugar Smoker Glaze.
$7.99 lb. (approx. 10–12 per lb.)

Bob’s BBQ Smoked Jumbo Shrimp
Signature spice-rubbed and glazed with our Brown Sugar Smoker Glaze.
$24.99 lb. (Order in our Deli)

Bob’s BBQ Smoked Heat & Serve Sliders
Choose from four BBQ Pulled Meats: Beef, Pork, Chicken or Turkey. Available on Pretzel or Brioche Buns.
$10.99 lb. (6 ct. Pan)

Carry-Out Catering Packages
Price per person (minimum order 8)

Includes your choice of meats, sides, mini rolls (2/person) and our Signature Honey BBQ Sauce.

One Meat & One Side .......... $6.99 per person
Two Meats & Two Sides ...... $8.99 per person
Three Meats & Three Sides ... $10.99 per person
Just Ribs & Two Sides ...... $11.49 per person
(Baby Back) (Portion: Half Slab Ribs per person)

Meat Selections
- Smoked Pulled Chicken
- Smoked and Sauced BBQ Rib Tips
- Smoked Chicken Breast
- Smoked Pulled Pork
- Smoked Sliced Beef Brisket
- Smoked Wings

Sides
Country Green Beans with Bacon
Southern-Style Baked Beans
Texas BBQ Pit Beans
Cheesy Texas Potatoes
Creamy Cole Slaw
Creamy Mac & Cheese
Garden Spiral Pasta Salad
Creamy Red Potato Salad
Kosher Potato Salad
Fresh Mixed Greens

For Complete Catering Package Details and Options visit Dierbergs.com/bbq

Perfect for spring holidays and gatherings
The bright and tangy lemon-lime filling and clouds of sweet, fluffy meringue make these little pies irresistible.

1 refrigerated pie crust (1/2 of 14.1-ounce box)

FILLING
3/4 cup Dierbergs sugar
1/4 cup cornstarch
3/4 cup water
3 teaspoons grated lemon peel
3 tablespoons fresh lemon juice
2 teaspoons grated lime peel
2 tablespoons fresh lime juice
1 tablespoon Dierbergs butter
3 large Dierbergs egg yolks

MERINGUE
2 large Dierbergs egg whites, at room temperature
1/4 teaspoon cream of tartar
1/4 cup Dierbergs sugar

FOR CRUST On lightly floured surface, roll pie crust into 12-inch circle. Use 4-inch round cutter to cut 6 circles. Fit 1 dough circle in each of 6 muffin cups. Pierce bottom and sides of crusts with tines of fork. Bake in 400°F oven until light golden brown, about 10 to 12 minutes. Cool in pan on wire rack. Remove crusts from muffin cups; place on jelly roll pan. Set aside.

FOR FILLING In 1-quart glass batter bowl, whisk together sugar and cornstarch. Whisk in water. Microwave (high) 2 to 3 minutes whisking every minute until thickened. Whisk in lemon and lime peel and juice, and butter until well mixed. In medium bowl, whisk egg yolks until well blended; slowly whisk in some of the hot lemon-lime mixture. Whisk egg mixture back into hot lemon-lime mixture. Microwave (high) 1 to 11/2 minutes or until mixture bubbles. Cool 15 to 20 minutes. Stir filling until smooth; spoon into cooled crusts and set aside.

FOR MERINGUE In large mixer bowl, beat egg whites at medium speed until frothy. Add cream of tartar; beat at medium-high speed until soft peaks form. Beating constantly, add sugar 1 tablespoon at a time until very stiff and glossy. Spoon or pipe meringue over pies. Bake in 400°F oven until very lightly browned, about 6 minutes. Cool in pan on wire rack. Store in refrigerator up to 24 hours.

Makes 6 mini pies

Per pie: Calories 284 • Fat 9g
Cholesterol 99mg • Sodium 126mg
Carbohydrate 49g • Fiber <1g • Protein 3g

making picture-perfect meringue is easy...and it’s not just for pies.

Check out our tips, tricks and great recipes on pages 14–16.