STAY WARM.
SHOP ONLINE.
We'll deliver your groceries to your home or bring them out to your car.

FEBRUARY 2017 • VOLUME 11  ISSUE 1

OVER THE TOP SHAKES

82 RECIPES, TIPS AND TRICKS WITH CHOCOLATE

THE EASIEST MOLTEN CHOCOLATE CAKE
PAGE 18

CHOCOLATE ON BBQ RIBS?
YES!
PAGE 36

FEBRUARY 2017 $4.95 FREE IN-STORE

THE Chocolate ISSUE
THERE ARE TWO KINDS OF PEOPLE IN THE WORLD. WE DELIVER TO BOTH.
BLOOMS: ROSES
Find a beautiful array of colors at your Hy-Vee Floral, plus tips for making a fresh bouquet last longer.

COOKING 101
Making chocolate is a snap once you’ve done it. After trying our techniques, you’ll become an expert.

Our Best:
Every bite promises you a smile in the bright red fruit-

STRAWBERRIES IN SEASON:
An edible bowl using melted chocolate makes an easy dessert drink—try our techniques, once you’ve done it. After trying our techniques, you’ll become an expert.

BOTTLES
Serve a dessert drink with one of the featured chocolate liqueurs.

IN EVERY ISSUE
Welcome Letter
Top Picks
Next Issue

FOOD HACKS
Learn how easy it is to make an edible bowl using melted chocolate and a balloon.

IN SEASON: STRAWBERRIES
The bright red fruit promises you a smile in every bite.

OUR BEST:
From the Heart
Read about Hy-Vee’s Floral Design Challenge winner and his passion for flowers.

执行总编辑
Bryce Elken从西班牙开始工作，此前曾在酒店和度假村工作。他说，在弗罗里达、夏威夷、德克萨斯等地，我有幸看到了很多美食。我的职业生涯带我去了德国、加利福尼亚和其间的一些地方，但我很幸运能回到明尼苏达州。Hy-Vee的创意是关于甜品的，但还有更多。现在，所有甜品店都在明尼苏达州。每个甜品店都是一片诱人的天堂。

我们设计人员都非常有才华，所以我们会为一些特别的活动设一个摊位。我甚至会在柜台前提供我的作品。我甚至能看到一些自己的作品，如10块巧克力拼图，它们被做成小雪景。食品级打印机被用来制作各种形状的巧克力。

我们已经专注于烹饪和烘焙主题，现在是时候了。烹饪、烘焙、烧烤、打制和其他烹饪技艺是我们的主打。

你可以在这期期刊中找到所有的故事，它们都很经典。现在，烹饪、烘焙、烧烤、打制和其他烹饪技艺是我们的主打。

Sincerely,
Bryce Elken
Hy-Vee, Eagan, Minnesota

This issue, we’ve narrowed the focus of Hy-Vee Seasons exclusively to food. Over the last decade, recipes and cooking-related stories have always been central. Now cooking, baking, roasting, grilling, blending and other culinary delights are our only subjects.

In addition to the newly narrowed focus, I am biased about this issue for another reason: The star of this issue is chocolate.

Get To Know
Executive Pastry Chef Bryce Elken started working as a Hy-Vee Sweet Shoppe manager about eight months ago in Minnesota. Previously, he created unforgettable desserts at hotels, resorts and cruise ships. Now he keeps Hy-Vee shoppers happy.

Executive Pastry Chef Bryce Elken started working as a Hy-Vee Sweet Shoppe manager about eight months ago in Minnesota. Previously, he created unforgettable desserts at hotels, resorts and cruise ships. Now he keeps Hy-Vee shoppers happy.
Calling all Seasons lovers. Show us your latest creations. Upload your photos with the hashtag #HyVeeSeasons. Follow us @hyvee

OUR FEATURED INSTAGRAM READER

Suzy S. pulled out all the stops for her sweetie with this chocolate finale. You can too. Try our easiestwarmchocolatecakes, pg 21.

Brittany G. shared a gorgeous bouquet of pink blooms from Hy-Vee.

A beautiful cake made by Hy-Vee bakery for a beautiful wedding day. Posted by Britt F.

Continue receiving Hy-Vee Seasons in your mailbox for only $10 for 6 issues by visiting hy-vee.com/seasons to sign up for a year’s subscription.

Don’t miss out subscribe today! Or pick up your free copy at your local Hy-Vee store.

Warm up with

With Seasons
**Chocolate Bowls**

**STEP 1:** Inflate small balloons, then wash and thoroughly dry them. Lightly coat the balloons with Hy-Vee nonstick cooking spray. Set aside.

**STEP 2:** Melt bittersweet chocolate (see directions, page 12). Dip the bottoms of balloons in bittersweet chocolate, then place the balloons on a small baking sheet lined with parchment paper. Let stand at room temperature for 1 hour or refrigerate for 30 minutes or until chocolate sets up.

**STEP 3:** Use a pin to poke a hole near the knot and slowly let out the air. Carefully remove the balloon. Fill the bowls as desired and serve immediately or store in an airtight container in the refrigerator for up to 3 days.

**DIY MAGICAL SHELL:** STIR TOGETHER 4 OZ. MELTED BITTERSWEET CHOCOLATE, ¼ CUP HY-VEE REFINED COCONUT OIL AND 1 TBSP. HY-VEE LIGHT CORN SYRUP.
TRIPLE-DIPPED STRAWBERRIES

YOU’LL GET EXTRA CREDIT FOR THESE TRULY SPECTACULAR STRAWBERRIES. EACH IS DUNKED NOT ONCE, NOT TWICE BUT THREE TIMES FOR LAYERS OF DELICIOUS FLAVOR. DON’T SKIP THE SPINKLES—THEY ADD A SMIDGE OF CRUNCH AND OODLES OF PIZZAZZ.

1. In separate bowls, melt bittersweet chocolate, white chocolate and pink candy melts. See directions, page 12.

2. Dip one-fourth of each strawberry into candy melts and place once more on waxed paper. Let stand for a few minutes or until final coating is firm but tacky. Sprinkle with desired nonpareils or sprinkles and let stand until set.

3. Dip three-fourths of each strawberry into bittersweet chocolate and place on waxed paper. Let stand until chocolate sets. Dip half of each strawberry into white chocolate and return to waxed paper. Let stand until set.

NO TIME? Buy hand-dipped strawberries from your local Hy-Vee.

MAKE THIS BROWNIE BOTTOM PUDDING PIE USING BAKER’S SEMI-SWEET CHOCOLATE. TOP WITH PECANS COATED IN BAKER’S DIPPING CHOCOLATE.

For complete recipe see www.kraftrecipes.com/recipes/brownie-bottom-pudding-pie-55715.aspx

YOU’LL GET EXTRA CREDIT FOR THESE TRULY SPECTACULAR STRAWBERRIES. EACH IS DUNKED NOT ONCE, NOT TWICE BUT THREE TIMES FOR LAYERS OF DELICIOUS FLAVOR. DON’T SKIP THE SPINKLES—THEY ADD A SMIDGE OF CRUNCH AND OODLES OF PIZZAZZ.
From the Heart

Q: When did you decide to become a florist?
A: I started with an eight-hour course from a community college in Omaha. At the time, I was going to Wayne State College in Wayne (Nebraska), but I drove to Omaha once a week for four weeks to take evening classes. Then I learned on my own—observed a lot, looked at magazines, did my research. This was all before the Internet, it was all trial and error. Then I had my own floral shop for 10 years.

Q: What early lesson sticks with you today?
A: I always remember the first wedding we did. I delivered this very light box of corsages and boutonnieres to the church. When I got to the church door carrying the box, a big gust of wind came up and right in front of my eyes, all the flowers blew away. Everything was flying down the street. A guy stopped and helped me gather them but it was a disaster. I had a lot to learn.

Q: What easy lesson sticks with you today?
A: I started hearing that every flower is different, even if they are the same kind of flower. There are small variations in color and height and look. These differences dictate how a design should go for the best results.

Q: What is your biggest challenge as a florist?
A: Florists share some of the most emotional and intimate moments of life with our customers. People come to us for engagements, weddings, the death of loved ones, those kinds of things. Big life moments. You have to be sensitive to them. Like, when it’s prom season, young girls come to us to order prom corsages. They come with hopes and expectations for their big night. But for our designers, it means 300 corsages and all the arrangements that go with that thing. May be they get a little overwhelmed. So I remind them, “Girls who get overwhelmed. So I remind them, ‘Girls who get nervous, you’re taking care of somebody else’s emotions.’

Q: What simple rules would you give those who want to create their own flower arrangements?
A: One: Be sure to recut the ends of stems before putting them in water so the flower can draw in more water.

1. Be sure to recut the ends of stems before putting them in water so the flower can draw in more water. Two: Limit the amount of foliage that is worse than the polka-dot effect. That’s where Nothing than beautiful blooms.

Eight: Four: More water.

Be sure to recut the ends of stems before putting them in water so the flower can draw in more water. Two: Limit the amount of foliage that is worse than the polka-dot effect. That’s where Nothing than beautiful blooms.

Eight: Four: More water.

Be sure to recut the ends of stems before putting them in water so the flower can draw in more water. Two: Limit the amount of foliage that is worse than the polka-dot effect. That’s where Nothing than beautiful blooms.

Eight: Four: More water.

Be sure to recut the ends of stems before putting them in water so the flower can draw in more water. Two: Limit the amount of foliage that is worse than the polka-dot effect. That’s where Nothing than beautiful blooms.

Eight: Four: More water.

Be sure to recut the ends of stems before putting them in water so the flower can draw in more water. Two: Limit the amount of foliage that is worse than the polka-dot effect. That’s where Nothing than beautiful blooms.

Eight: Four: More water.

Be sure to recut the ends of stems before putting them in water so the flower can draw in more water. Two: Limit the amount of foliage that is worse than the polka-dot effect. That’s where Nothing than beautiful blooms.

Eight: Four: More water.

Be sure to recut the ends of stems before putting them in water so the flower can draw in more water. Two: Limit the amount of foliage that is worse than the polka-dot effect. That’s where Nothing than beautiful blooms.

Eight: Four: More water.
Garnishes

**Filo Curls** To create flat, thin shavings, scrape a vegetable peeler or knife lengthwise across an edge of a softened chocolate bar held over a paper plate. Keep the bar in your back pocket for a few minutes to get it to the right temperature. Avoid touching the shavings as they will quickly melt. Chill finished curls in the refrigerator until ready to use.

**Loose Curls** Spread a melted baking bar or candy coating onto the bottom of a baking pan. Let stand in a cool place until chocolate is firm. Using a metal spatula, scrape chocolate from bottom of pan into loose curls. Chill finished curls in the refrigerator until ready to use.

**MELTING POINTERS**

**WHITE CHOCOLATE** For melting, use only bars or wafers that contain cocoa butter. Sweet, rich white chocolate pairs well with fruits that have high acidity, such as tart berries and citrus. Macadamia nuts also complement the richness of white chocolate.

**CANDY COATING** This chocolate-like product, also called almond bark, contains vegetable fat instead of cocoa butter, so it is not as rich in flavor. It comes in assorted colors and flavors and sets up quickly.

**MILK CHOCOLATE** Milk chocolate is sweeter and less bitter than dark chocolate. Pair it with caramel or peanut butter for a rich combo or with milder nuts, such as walnuts.

**DARK CHOCOLATE** Smooth, dark semisweet and intensely flavored bittersweet bars and wafers are considered dark chocolate. Complement the chocolate with something very sweet—ripe strawberries, pears or bananas—or nuts with distinct flavor components, such as peanuts and hazelnuts.

**HOW TO STORE**

**CHOCOLATE** Store chocolate in a sealed plastic bag and store in a cool, dry place (65°F) for up to 1 year. If stored at warmer temp, it may develop a "bloom" or grayish marks. Bloom will not affect the quality of chocolate for melting or baking.

**MELTING**

**DIRECT HEAT** Place chopped chocolate in a small heavy saucepan over low heat. Stir constantly until chocolate just begins to melt. Remove saucepan from heat and continue stirring until smooth.

**MICROWAVE** Place 6 oz. chopped chocolate in a microwave-safe bowl. Microwave, uncovered, on 50 percent power for 1 minute; stir. Microwave on 50 percent power for 2 to 3 more minutes, stirring every 30 seconds until chocolate is melted and smooth.

**DOUBLE BOILER** Place chopped chocolate in a heatproof bowl set over hot, but not boiling, water. Stir occasionally until chocolate is almost melted. Remove from heat and stir until chocolate is melted and smooth.

**3 ways**

MELTING CHOCOLATE

REVEAL THE LUSCIOUS SIDE OF CHOCOLATE BY MELTING IT. THE FIRM TEXTURE TURNS INTO A RICH POOL OF SWEETNESS YOU CAN USE TO DIP, DRIZZLE OR COAT.

Melt It!

Here are the types of chocolate that are good for melting. Break or chop bars into small pieces to speed the melting process.

**WHITE CHOCOLATE**

**DARK CHOCOLATE**

**MILK CHOCOLATE**

**Garnishes**

**Filo Curls**

**Loose Curls**

**HOW TO STORE**

**MELTING POINTERS**

**DIRECT HEAT**

**MICROWAVE**

**DOUBLE BOILER**

**Garnishes**

**Filo Curls**

**Loose Curls**

**HOW TO STORE**

**MELTING POINTERS**

**DIRECT HEAT**

**MICROWAVE**

**DOUBLE BOILER**
LACEY, DELICATE CHOCOLATE HEARTS MAKE ELEGANT GARNISHES FOR DESSERTS AND DRINKS. TO MAKE SEVERAL HEARTS AT A TIME, USE A BAKING SHEET AND CAREFULLY REPOSITION THE PATTERN UNDER THE PARCHMENT AS YOU GO ALONG. REFRIGERATE THE HEARTS LAYERED BETWEEN SHEETS OF WAXED PAPER IN AN AIRTIGHT CONTAINER.

Pour melted chocolate into a small cone made of parchment paper (or a small resealable plastic bag). Cut off a tip to make a small hole. Squeeze the chocolate out in a thin line onto parchment or waxed paper, drawing hearts and squiggles. For uniform shapes, follow predrawn outlines on the paper. Freeze until set.

**Step One:**
Pour melted chocolate into a small cone made of parchment paper (or a small resealable plastic bag). Cut off a tip to make a small hole.

**Step Two:**
Lay a piece of parchment paper on top of your heart design or template.* Squeeze the chocolate out in a thin line onto the parchment, tracing the heart and design details.

**Step Three:**
Freeze for 20 minutes or until set.

**Step Four:**
Using an icing spatula, gently remove the chocolate hearts from the parchment paper.

*Create your own heart design or download our filigree template at hy-vee.com/seasons

5 Ways to Use

**Cupcakes:** Crown a Hy-Vee Bakery Cupcake with a Filigree Heart Tucked into Vanilla or Pink Buttercream Icing.

**Cheesecake:** Razzle Dazzle the Top of a New York-Style Cheesecake with Filigree Hearts.

**Mouse Cuppino:** Give it a Heartfelt Finish with a Decorative Filigree Heart.

**Drink:** Fancy Up a Dessert Drink—Or Any Drink Crowned with Whipped Cream—By Adding a Filigree Heart.

**Lollipops:** Pipe Hearts Onto Lollipop Sticks for a Unique Valentine’s Day Chocolate Lace Bouquet.

**Cheers!**

RAISE A GLASS TO COCOA! THIS SENSUOUS CONCOCTION EXPLODES WITH SO MUCH CHOCOLATE FLAVOR, YOU MIGHT PREFER TO CALL IT DESSERT.

**TRIPLE COCOA MARTINI**
Total Time: 2 minutes
Serves 1

Ice cubes
1½ oz. Godiva chocolate liqueur, Godiva white chocolate liqueur or Bailey’s chocolate cherry liqueur
1½ oz. crème de cacao
1 oz. vodka
1 oz. Hy-Vee half-and-half
½ oz. Hy-Vee chocolate syrup
Hy-Vee baking cocoa

1. Fill a cocktail shaker with ice; add chocolate liqueur, crème de cacao, vodka, half-and-half and chocolate syrup. Cover and shake for 10 seconds.
2. Strain into a martini glass. Sift cocoa powder over top. Serve immediately.

Per serving: 440 calories, 3.5 g fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 20 mg sodium, 48 g carbohydrates, 0 g fiber, 25 g sugar, 11 g protein

GET YOUR SWIRL ON! FOR EXTRA FLAVOR, RIM THE LIP OF YOUR MARTINI GLASS WITH CHOCOLATE SYRUP AND DRIZZLE IT INSIDE IN A DECORATIVE SWIRL.

**CHOCOLATE GARNISH TIP:** A WOODEN SKEWER SO IT IS JUST LONG ENOUGH TO REST ON THE GLASS BOTTOM AND STILL SUSPEND A ROW OF SOFT CHOCOLATE CANDIES.

**CHOCOLATE LIQUEURS AT HY-VEE**

Godiva Chocolate Liqueur
A rich, creamy milk chocolate liqueur that makes an ideal foundation for any chocolate cocktail.

Godiva White Chocolate Liqueur
This version from Godiva uses white chocolate to make a milky white liqueur.

Bailey's Chocolate Cherry Liqueur
This seasonal liqueur combines rich cherry flavor with creamy chocolate for an alternative to pure chocolate flavor.

Get Your Swirl On! For Extra Flavor, Rim the Lip of Your Martini Glass with Chocolate Syrup and Drizzle It Inside in a Decorative Swirl.

**WORDS**
Carlos Acevedo

**PHOTOS**
Cameron Sadeghpour
We, too, love fresh-baked cookies. That’s why we went on a mission in search of the best cookie recipe ever. We tried a lot of recipes. Asked customers to taste and test. Tweaked the recipes and sampled again. And again. (Tough job, but someone had to do it!) We hope you and your sweet tooth enjoy the results of our “cookie quest.”
CHOOSE THE BEST BAKING CHOCOLATE

Use high-quality baking bars and baking cocoa to add rich, complex flavor to your baked goods. Choose chips that hold their shape when baked and perfectly balance other additions, such as nuts.

DON’T HAVE THE RIGHT CHOCOLATE ON HAND?

Here are a few simple substitutions.

Bittersweet Chocolate—1 square (1 oz.)
• 1 square (1 oz.) unsweetened chocolate plus 1 Tbsp. Hy-Vee granulated sugar
• 1 Tbsp. Hy-Vee baking cocoa plus 2 tsp. Hy-Vee granulated sugar

Unsweetened Chocolate—1 square (1 oz.)
3 Tbsp. Hy-Vee baking cocoa plus 1 Tbsp. Hy-Vee cooking oil or vegetable shortening, melted

CHOCOLATE CHIP COOKIES

THE ULTIMATE COOKIE CLOVER WITH Alle of the Best Ingredients. BOTH BUTTER AND SHORTENING CONTRIBUTE A BUTTER FLAVOR AND ESSENTIAL FATTY ACIDS TO THE COOKIES’ CRISP CRUST, WHISH TO ADD FLAVOR AND STRUCTURE.

Total Time: 45 minutes
Serves: 50 (1 cookie each)

2 cups Hy-Vee all-purpose flour
1 tsp. Hy-Vee baking soda
½ tsp. Hy-Vee salt
¼ cup Hy-Vee butter, softened
¼ cup Hy-Vee vegetable shortening
1 cup packed Hy-Vee brown sugar
1 cup Hy-Vee granulated sugar
2 Tbsp. Hy-Vee large eggs
1 Tbsp. Hy-Vee vanilla extract
1 (12-oz.) pkg. Hy-Vee semisweet chocolate chips
1 cup Hy-Vee chopped walnuts

1. PREHEAT oven to 375°F.
2. STIR together flour, baking soda and salt in a bowl; set aside.
3. BEAT butter and shortening in a large mixing bowl with an electric mixer on medium for 3 seconds. Add brown sugar and granulated sugar. Beat on medium for 2 minutes, scraping sides of bowl occasionally. Beat in eggs and vanilla until combined. Beat in as much flour mixture as you can with the mixer. Stir in any remaining flour mixture, add chocolate chips and nuts.
4. DROP rounded tablespoons of dough 2 inches apart on an ungreased cookie sheet. Bake for 10 minutes or until edges are light brown. Cool cookies on a wire rack.

Per serving: 130 calories, 7 g fat, 3.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 50 mg sodium, 15 g carbohydrates, 1 g fiber, 10 g sugar, 1 g protein.
CHOCOLATE WALNUT BROWNIES

Total Time: 50 minutes
Serves: 16 (1 bar each)

½ cup Hy-Vee butter, plus additional for greasing
4 oz. bittersweet chocolate, chopped
1½ cups Hy-Vee sugar
2 tsp. Hy-Vee vanilla extract
¼ tsp. Hy-Vee salt
2 Hy-Vee large eggs
1 cup Hy-Vee all-purpose flour
¼ cup Hy-Vee baking cocoa
16 whole walnuts

1. PREHEAT oven to 350°F. Line an 8×8×2-in. baking pan with foil, extending the foil over edges of pan. Butter foil; set pan aside.

2. COMBINE butter and chocolate in a heavy medium saucepan. Cook and stir over low heat until chocolate melts and mixture is smooth; cool slightly. Stir sugar, vanilla and salt into chocolate mixture until combined. Add eggs, one at a time, beating with a wooden spoon after each addition. Stir in flour and baking cocoa just until combined.

3. POUR batter into prepared baking pan, spreading evenly. Arrange walnuts on top, lightly pressing into batter.

4. BAKE for 30 minutes or until a wooden toothpick inserted in the center comes out almost clean, with a few moist crumbs clinging to it. Do not overbake. Cool in pan on a wire rack. Using the edges of the foil, lift uncut bars out of pan. Cut into bars with a sharp knife.

Per serving: 220 calories, 11 g fat, 5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 45 mg sodium, 29 g carbohydrates, 1 g fiber, 22 g sugar, 2 g protein.

CHOCOLATE CAKES

EASIEST MOLTEN CHOCOLATE CAKES

Total Time: 30 minutes
Serves: 2

¾ cup Hy-Vee butter, plus additional for greasing
Hy-Vee baking cocoa
6 oz. bittersweet chocolate
2 Hy-Vee large eggs
2 egg yolks
¾ cup Hy-Vee sugar
2 Tbsp. Hy-Vee all-purpose flour
Hy-Vee chocolate ice cream, optional
Purchased hot fudge sauce, optional
Fresh raspberries, for garnish

1. PREHEAT oven to 400°F. Butter two 10-oz. ramekins or custard cups. Dust with cocoa, set aside.

2. MELT butter and chocolate in a medium saucepan over low heat, stirring frequently. Cool slightly.

3. BEAT eggs, egg yolks and sugar in a medium mixing bowl with an electric mixer on high for 5 minutes. Beat in flour and melted chocolate until combined. Divide batter between prepared ramekins.

4. PLACE ramekins on a baking sheet. Bake for 15 minutes or until sides of cakes are firm but centers are soft. Do not overbake.

5. COOL cakes in ramekins for 5 minutes. Run a small knife or metal spatula along sides of cakes to loosen. Invert onto dessert plates. If desired, top with ice cream and hot fudge sauce; garnish with raspberries.

MAKE-AHEAD PREP: Prepare as directed through Step 3. Cover and refrigerate for up to 4 hours. Let stand at room temperature for 30 minutes before baking.

Per serving: 1,110 calories, 84 g fat, 52 g saturated fat, 2 g trans fat, 495 mg cholesterol, 85 mg sodium, 78 g carbohydrates, 6 g fiber, 54 g sugar, 16 g protein.

Bonus Feature: Learn how to make Easy Molten Chocolate Cakes. Watch the video at hy-vee.com
The smell of chocolate increases theta brain waves, which trigger relaxation.

MILK CHOCOLATE
Mild, sweet milk chocolate contains significantly less cocoa than dark—36 to 46 percent. With at least 12 percent milk solids, the chocolate is lighter in color and milder than dark chocolate. Its high sugar content makes it sensitive to heat, so it’s best to use this in no-bake recipes, fudge or icings, or as a topping for baked treats.

WHITE CHOCOLATE
Simply put, white chocolate isn’t really chocolate at all. The creamy ivory-hued product contains no pure chocolate or cocoa solids. It’s called white chocolate because it contains cocoa butter, milk solids and sugar. It melts beautifully for a candy coating, and its sweetness makes it a lovely addition to baked goods. In baking, use only white chocolate products with cocoa butter on the label.

DARK CHOCOLATE
Bittersweet and semisweet are considered dark chocolate; use them interchangeably for baking and candy making as well as eating out of hand. Semisweet contains 52 to 62 percent cacao and has a higher sugar content. It’s a popular choice for cookies and biscuits. Bittersweet contains up to 80 percent cacao. Its pure, intense chocolate flavor shines in a rich ganache.

UNSWEETENED CHOCOLATE
ALSO CALLED BAKING CHOCOLATE, THIS PRODUCT IS PURE CHOCOLATE AND COCOA BUTTER—NO ADDED SUGAR. ITS DEPTH OF FLAVOR STANDS OUT IN BROWNIES, COOKIES AND CHOCOLATE CAKE—ALL RECIPES THAT ALSO CALL FOR A GOOD AMOUNT OF SUGAR TO BALANCE THE HARSH BITTERNESS OF THE CHOCOLATE. YOU CAN SUBSTITUTE UNSWEETENED CHOCOLATE FOR DARK CHOCOLATE BY SLIGHTLY INCREASING THE SUGAR IN YOUR RECIPE.

PREPPING CHOCOLATE

CHOPPING CHOCOLATE
Chop a dark knife-cut chocolate into large chunks. Chop into smaller pieces by making small chops with the knife, moving side to side.

SHAVING CHOCOLATE
Draw a vegetable peeler across the narrow side of a bar of room-temperature chocolate (milk chocolate works best).

CHOCOLATE GRATING
Rub a cool, firm square of chocolate across the large section of a handheld grater.

What is cocoa powder? Cocoa powder is made when chocolate liquor is pressed to remove three quarters of its cocoa butter. The remaining cacao solids are processed to make fine unsweetened cocoa powder. When it comes to delivering deep, dark chocolate flavor, cocoa powder is hard to beat. It comes in two forms: natural or Dutched.

Natural cocoa powder
Unsweetened cocoa powder is naturally acidic and has an intense bitter flavor. It’s often used in recipes calling for baking soda; the two react with each other to allow baked goods to rise.

Dutch-process cocoa
This powder has been treated with an acid to neutralize the natural acidity in the cocoa solids. It has a more mellow chocolate flavor and a deeper color than natural cocoa powder.

When to use either type
You can use either type in recipes that do not call for baking soda or baking powder. In other cases, it’s best to stick with the type of cocoa called for in the recipe. If the recipe doesn’t specify, use natural cocoa. Using the wrong type of cocoa can result in a flat cake or sunken cupcakes.

GIVE DESSERT A CHOCOLATY PUNCH IN INSPIRING NEW WAYS.

1 DRIZZLE MELTED CHOCOLATE ON THE PLATE BEFORE ADDING DESSERT.
2 DUST A WHITE CAKE OR BROWNIES WITH COCOA.
3 PILE CURLS OF MELTED WHITE CHOCOLATE OVER CHOCOLATE CAKE.
4 SHAPE CUTOUTS OUT OF MELTED WHITE AND DARK CHOCOLATE AND ADORNS ICE CREAM CUPCAKES.
5 POUR CHOCOLATE GLAZE OVER A SLICE OF CHEESECAKE OR RASPBERRY CREME PIE (WITHOUT MERINGUE).

GET YOUR DAILY DOSE OF CHOCOLATE WITH THIS HELPFUL GUIDE.
INSTEAD OF GOING OUT THIS VALENTINE’S DAY, COOK YOUR OWN SPECIAL DINNER. IT WILL BE TWICE AS NICE. OUR RECIPES AND SHORTCUT TIPS WILL HELP YOU PULL THIS OFF AS A COUPLE.

WORDS: Lois White
PHOTOS: Cameron Sadeghpour and Tobin Bennett

CHEF’S TIP
FOR MORE FLAVOR, I ADD SEA SALT TO MY PASTA COOKING WATER. IT SEASONS THE PASTE AS IT ABSORBS THE LIQUID AND SWELLS.
Chef Stephen Clark, Springfield, MO

[ SHORTCUT TIP ]
BUY SHRIMP THAT’S ALREADY PEELED AND DEVEINED FROM HY-VEE. IT’S SUPER CONVENIENT.
RECIPE, PAGE 27

red pepper shrimp
FILETS & BROILED LOBSTER TAILS

Total Time 1½ hours Serves 2

**FILETS**

Hy-Vee olive oil nonstick spray
2 (4-oz.) center-cut beef tenderloin steaks, about 2 in. thick
Hy-Vee kosher sea salt and black pepper
½ cup Hy-Vee Select olive oil
2 Tbsp. chopped fresh sage
2 Tbsp. chopped fresh rosemary
2 Tbsp. fresh thyme leaves
1 Tbsp. minced garlic
¾ cup Hy-Vee red pepper flakes (2-6-oz.)
4 halibut tails, thawed if frozen
½ cup Hy-Vee unsalted butter
2 (8-oz.) crabmeat cakes, frozen
1 1/4 cups diced fresh herbs, such as chives, rosemary or tarragon

1. PREHEAT oven to 450°F. Spray an 8-inch baking dish with nonstick spray; set aside. Line a baking pan with aluminum foil; set aside.

2. SEASON steaks with salt and pepper. Lightly spray a skillet with nonstick spray; add steaks. Cook over medium-high heat for 6 minutes or until seared, turning once. Transfer steaks to prepared baking dish. Bake to desired doneness, allowing about 12 minutes for medium-rare (145°F) or 18 minutes for medium (160°F). Remove from oven.

3. HEAT oil in a skillet over low heat. Add sage, rosemary, thyme, garlic and red pepper flakes. Cook for 1 minute. Turn off heat; add steaks and turn to coat with herb mixture. Keep warm until serving time.

4. PREHEAT broiler. Split top of lobster tails using kitchen shears. Pull the shells apart to expose the meat. Melt butter in a small saucepan over low heat; add 1 cup parsley. Place lobster on prepared baking pan; pour butter mixture over top. Broil for 12 minutes or until lobster meat is opaque.

**RED PEPPER SHRIMP**

Total Time 40 minutes Serves 2

2 Tbsp. Hy-Vee Select olive oil, divided
2 jumbo shrimp, peeled and deveined, thawed if frozen
Hy-Vee kosher sea salt and black pepper
½ bulb fennel, thinly sliced
½ (16-oz.) jar roasted red peppers, drained
1 large onion, finely chopped
1 Tbsp. minced garlic
½ cup Hy-Vee heavy whipping cream
1 ½ cup seeded and chopped tomato
6 oz. packaged dried fettuccine Fennel fronds, for garnish

1. HEAT 1 Tbsp. oil in a large straight-sided skillet over medium-high heat. Season shrimp with salt and pepper. Add shrimp to skillet; cook for 3 minutes or until shrimp are opaque, turning once. Transfer shrimp to a skillet and keep warm.

2. ADD remaining 1 Tbsp. oil to same skillet; heat over medium-high heat. Add fennel; cook until tender, stirring occasionally. Transfer fennel to a paper towel-lined plate.

3. ADD roasted peppers, onion and garlic to same skillet. Cook over medium heat until softened. Transfer mixture to a blender. Cover and blend until smooth. Stir in cream, tomato and cooked fennel and shrimp. Simmer mixture while pasta is cooking.

4. COOK fettuccine according to package directions; drain. Serve shrimp sauce over fettuccine. If desired, garnish with fennel fronds.

**ASPARAGUS AND PROSCIUTTO BUNDLES**

Per serving: 73 g protein, 7 g sugar, 11 g fiber, 11 g carbohydrates, 30 g saturated fat, 1,080 mg sodium

Start with an assortment of fresh cheeses, such as Brie, a firm cheese, such as Gouda, fresh and dried fruit and something salty—slices of prosciutto or salami and goat cheese, such aschèvre or toasted ciabatta or focaccia.

[Shortcut Tip]

CHOOSE LOBSTER TAILS FOR YOUR SUPPER AND DINNER WILL GIVE YOU A LOVELY WARM TASTE. DON’T LET THEM WASTE AWAY OR WALK AWAY. USE AS WARM MEATS, BE AWARE TO KNOW PROPER LOBSTERS ARE IN TIME.
simple roast chicken & veggies

**CHEF'S TIP**

After rubbing the seasonings on the chicken, let it stand for 15 minutes before roasting. This will give the flavors time to penetrate into the meat.

— Exec. Chef Tim Freed, Peru, IL

apple, fennel & strawberry salad

**SHORTCUT TIP**

Trim a few minutes off your prep time by using a purchased tarragon or berry-flavored vinaigrette.

**CHEF'S TIP**

For a complete, protein-rich meal, serve this salad over a quinoa pilaf made by sautéing cooked quinoa with chopped fennel and onion. Serve the pilaf warm or chilled.

— Chef Renee Soper, Madison, WI
Cook as a Couple

1. TRY NEW THINGS Challenge yourselves by cooking recipes you’ve never made before. Put all your efforts into the entree, then round out the meal with bread and a simple green salad.

2. SMALL-BITE NIBBLES Start things off with one of the light bites on page 27. Along with a glass of wine or a cocktail, it will put you at ease as you begin prepping the meal.

3. TALK IT OVER It’s one of the best ways to tackle a cooking challenge. Does the chicken look done? Are these onions cooked finely enough? Does this dish need more salt? When you collaborate in a friendly way, everybody will turn out better.

4. SHARE TASKS Measuring, chopping, cooking... take turns on the prep work to keep it fun and exciting.

5. HAPPY DINING Turn off the TV and put away your cell phones. It’s time to sit down and enjoy the meal you’ve made together.

SIMPLE ROAST CHICKEN & VEGETABLES Total Time 2 hours Serves 4
1 (4–to 5-lb.) whole roasting chicken, giblets removed and discarded 1 onion 2 Tbsp. Hy-Vee Select olive oil 2 Tbsp. chopped fresh herbs (rosemary, thyme, basil and/or oregano) Hy-Vee kosher salt and black pepper 4 oz. red potatoes, quartered 4 oz. small carrots with tops, halved 4 oz. Brussels sprouts, halved

1. PREHEAT oven to 400°F. Skewer neck skin of chicken to back; tie legs together with 100 percent cotton kitchen twine. Sling legs under back. Place chicken, breast side up, on a rack in a shallow roasting pan.

2. ZEST lemon. Combine zest with 2 Tbsp. chopped fresh herbs, 1½ tsp. Hy-Vee Select olive oil, herbs, salt and pepper. Toss together in a medium bowl. Add half of the herb mixture; tossing to coat. Arrange vegetables around chicken in roasting pan.

3. ROAST remaining herb mixture over medium-high heat. Skim and discard any fat; add to herb mixture. Roast chicken and vegetables, uncovered, for 1 hour or until an instant-read thermometer inserted in a breast registers 155°F. Remove chicken and vegetables from oven; cover with foil and let stand for 15 minutes before serving.

APPLE, FENNEL & STRAWBERRY SALAD Total Time 20 minutes Serves 2
1 recipe Tarragon Vinaigrette, below
1 fennel bulb
1 Granny Smith apple
½ red onion
½ cup slivered strawberries
½ cup baby arugula leaves

1. PREPARE Tarragon Vinaigrette; cover and refrigerate until ready to serve.

2. TRIM stalks from fennel bulb; reserve for garnish.

3. RUB fennel, apple and red onion in paper thin slices, using a mandoline or sharp knife. Layer the slices with the strawberries and arugula in two serving plates. Drizzle with Tarragon Vinaigrette. If desired, garnish with mint leaves and fennel fronds.

TARRAGON VINAIGRETTE: Whisk together 1 Tbsp. white wine vinegar, 2 tsp. fresh lemon juice, 1½ tsp. Hy-Vee orange juice, ¼ tsp. Hy-Vee honey and ⅛ tsp. chopped tarragon. Slowly add 2⅓ Tbsp. Hy-Vee Select olive oil, whisking constantly until combined.

Per serving: 240 calories, 17 g fat, 3.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 250 mg sodium, 22 g carbohydrates, 5 g fiber, 5 g sugar, 2 g protein

STEAK TIPS & PARMESAN POTATOES Total Time 40 minutes Serves 2
1 recipe Parmesan Potatoes, right
8 oz. beef sirloin steak, trimmed and cut into 1-inch pieces

1. PREPARE Parmesan Potatoes; keep warm.

2. SEASON steak with salt and pepper. Add steak and flour to a gallon-size resealable plastic bag; seal bag and shake to coat. Seal bag and refrigerate until ready to use.

3. COOK steak in a large skillet over medium-high heat. Shake excess flour off; add to skillet. Stir in thyme and garlic. Cook for 4 minutes or until steak is brown, turning once. Transfer steak to a platter; leave thyme and garlic in skillet.

4. ADD broth and Worcestershire sauce to skillet; bring mixture to a boil. Scrape up any brown bits in the bottom of the skillet. Gently boil until liquid is reduced by half.

5. MELT remaining 2 tablespoons butter; stir in cocoa. Add cocoa mixture and steak tips to skillet. Cook for 2 minutes more or until heated through.

6. SERVE steak tips over Parmesan Potatoes. If desired, garnish with additional thyme.

PARMESAN POTATOES: Peel and quarter 1 lb. Hy-Vee russet potatoes. Cook in enough salted boiling water to cover for 20 to 25 minutes or until tender; drain. Mash with a potato masher or beat with an electric mixer on low. Add 3 Tbsp. Hy-Vee unsalted butter and 3 Tbsp. shredded Parmesan cheese. Season to taste with Hy-Vee salt. Gently fold in 1½ Tbsp. Hy-Vee whole milk. To make mixture light and fluffy, add additional milk, if needed.

Per serving: 350 calories, 56 g fat, 14.5 g saturated fat, 0.5 g trans fat, 105 mg cholesterol, 245 mg sodium, 43 g carbohydrates, 5 g fiber, 32 g sugar, 52 g protein

Chef’s Tip
SEAMING THE OUTSIDE OF THE BEEF IS A HOT PAIN IN THE BUTT. IT GIVES THE BEEF COLOR AND A VISUAL STAND AND ALSO LOCKS IN THE FLUIDS.

Chef Craig Jones, Rock Island, IL.
This is no time for half measures. Cram that entire chocolate bar on top! Add a donut or two. Why not?

MONSTER
YOU WORK HARD. EAT RIGHT. NOW IT’S HIGH TIME TO CUT LOOSE AND GET A LITTLE CRAZY WITH A DIVE INTO ONE OF THESE OUTRAGEOUS DESSERTS.

WORDS
Carlos Acevedo  PHOTOS
Cameron Sadeghpour

THE BASE
SMEAR INSIDE OF GLASS WITH:
2 TBSP. HY-VEE MARSHMALLOW CREME

RIM GLASS WITH:
2 TBSP. FUDGE SAUCE + ½ CUP HY-VEE PRETZEL RINGS

BLEND TOGETHER:
4 SCOOPS HY-VEE CHOCOLATE ICE CREAM + ½ CUP HY-VEE 2% MILK + 1 CREAM-FILLED CHOCOLATE SNACK CAKE

POUR INTO GLASS TOPPERS
HY-VEE MARSHMALLOWS
CHOCOLATE SNACK CAKES
HY-VEE BAKERY PETITS FOURS AND DONUTS
CHOCOLATE-COATED PEANUT BUTTER CUPS
HY-VEE WHIPPED TOPPING CANDIES & SPRINKLES

SEASONS | hy-vee.com
You can never get enough Hy-Vee brownies!

CHOCOLATE MINT CURLS:

Shape nonstick aluminum foil into a container the size and shape of a stick of butter. In a microwave-safe bowl, heat ¼ cup bittersweet chocolate chips on high for 15 seconds at a time, stirring occasionally, until completely melted. Pour into the aluminum container. In another microwave-safe bowl, heat ¼ cup mint chocolate chips on high for 15 seconds at a time, stirring occasionally, until completely melted. Pour over bittersweet chocolate in aluminum container. Stir chocolates once or twice with a small spatula to swirl, then place in refrigerator for 2 hours or until completely firm. To form mint chocolate curls, run a vegetable peeler along chocolate bar in long steady strokes.

THE BASE

RIM GLASS WITH:
2 TBSP.
FUDGE SAUCE
+ ¼ CUP HY-VEE
2% MILK

POUR INTO GLASS

TOPPERS

CHOCOLATE MINT WAFERS
MINT CHOCOLATE BARS
PEPPERMINT PATTIES
HY-VEE BAKERY BROWNIES
MINT CHOCOLATE CURLS (see right)
SPRINKLES AND CANDIES
MINT CREME-FILLED COOKIES
HY-VEE CHOCOLATE SAUCE

This can be peanut butter, almond butter, chocolate hazelnut butter, whatever you want.

COOKIE CHAOS

RIM GLASS WITH:
2 TBSP. SPECTULOOS COOKIE BUTTER
+
HY-VEE MINI CHOCOLATE CHIPS
BLEND TOGETHER:
4 SCOOPS HY-VEE COOKIE DOUGH ICE CREAM
+
½ CUP HY-VEE 2% MILK

POUR INTO GLASS

TOPPERS

HY-VEE BAKERY CHOCOLATE CHIP COOKIES
COOKIE STRAWS
FUDGE AND MARSHMALLOW PINWHEELS
COOKIES ‘N CREME DROPS
CARAMEL CORN
HY-VEE WHIPPED TOPPING
HY-VEE MINI CHOCOLATE CHIPS
FUDGE SAUCE
COOKIE CRUMBLES

* Bonus Feature: Learn how to make Monster Shakes. Watch the video at hy-vee.com
Without the sugar, chocolate is free to show off its savory side with deeply complex flavors that bring out the true essence of pork and chicken.

CHOCOLATE

WORDS: Carlos Acevedo
PHOTOS: Cameron Sadeghpour and Tobin Bennett

SLOW COOKER MOLE CHICKEN

SLOW COOKER MOLE CHICKEN

Total Time: 15 minutes plus 6 to 8 hours on LOW or 3 to 4 hours on HIGH
Serves 4

1 (15-oz.) can Hy-Vee low-sodium black beans
3 cups Hy-Vee reduced-sodium chicken broth
¼ cup canned chipotles in adobo sauce
¼ cup Hy-Vee white corn restaurant-style tortilla chips
¼ cup toasted Hy-Vee almonds
2 Tbsp. roasted minced garlic
1 Tbsp. Hy-Vee chili powder
¼ tsp. Hy-Vee ground cinnamon
8 boneless, skinless chicken thighs, thawed if frozen
2 oz. bittersweet chocolate, chopped
Hy-Vee kosher sea salt, to taste

1. COMBINE black beans, broth, chipotles, tortilla chips, almonds, garlic, chili powder and cinnamon in a food processor. Cover and process until smooth.

2. TRANSFER black bean mixture to 3½- or 4-quart slow cooker. Add chicken. Cover and cook on LOW for 6 to 8 hours or on UNWRAP for 3 to 4 hours. Add chocolate and stir until chocolate melts. Season with salt, to taste.

3. SERVE chicken and mole sauce over rice. Garnish as desired.

Per serving:
460 calories, 19 g fat, 5 g saturated fat, 0 g trans fat, 130 mg cholesterol, 740 mg sodium, 37 g carbohydrates, 9 g fiber, 38 g protein.
Total Time 4½ to 5½ hours
Serves 10

3 Tbsp. Hy-Vee baking cocoa
2 Tbsp. instant espresso coffee powder
1 Tbsp. Hy-Vee chili powder
1 tsp. packed Hy-Vee dark brown sugar
1 tsp. Hy-Vee granulated garlic
½ tsp. Hy-Vee ground cumin
½ tsp. Hy-Vee ground coriander
⅛ tsp. ground allspice
2 (3-lb.) racks pork loin back ribs, trimmed
Hy-Vee kosher sea salt and black pepper, to taste
4 cups mesquite or hickory wood chips, soaked for 30 minutes

1. COMBINE baking cocoa, espresso powder, chili powder, brown sugar, garlic, cumin, mustard, coriander and allspice; set aside.
2. PAT ribs dry with paper towels. Remove the tough silverskin membrane on the bone sides of the rib racks. Season ribs generously with salt and pepper. Sprinkle cocoa mixture evenly on both sides of ribs; rub in with your fingers.
3. ARRANGE coals, wood chips and water pan in a smoker according to the manufacturer’s directions. Add additional coals and adjust vents as needed to maintain about 250°F.
4. PLACE ribs on a well-greased rack directly over water pan; cover or close smoker.
5. SMOKE ribs for 4 to 5 hours or until ribs are tender and an instant-read thermometer inserted into the meat between the ribs reaches 190°F, adding wood chips as needed to maintain smoke for the first 2 hours.
6. REMOVE ribs from smoker. Cover loosely with foil and let stand for 20 minutes. Serve with BBQ sauce.

Per serving:
590 calories, 44 g fat, 17 g saturated fat, 0 g trans fat, 195 mg cholesterol, 830 mg sodium, 2 g carbohydrates, 1 g fiber, 0 g sugar, 44 g protein

HOW TO DO SAVORY CHOCOLATE RIGHT
The key is balance. Too much cocoa powder can give food a bitter flavor. Baking spices and coffee complement chocolate, while garlic powder and salt help temper bitterness. Use this rub on all types of meat including steak, pork loin and whole chicken.

MOCHA-RUBBED RIBS

I ALSO LIKE ADDING COCOA POWDER TO THE BARBECUE SAUCE. YOU CAN ACTUALLY SMELL THE CHOCOLATE!
— HY-VEE STORE CHEF JIM NADEAU, CEDAR FALLS, IA

WHY COCOA?
Cocoa powder works in the same way and enhances the flavor of every meat. In addition, cocoa’s dark chocolate is actually good for you!
Forget your team rivalries and unite over some good stadium-style munchies. Pair these touchdown-worthy eats with craft brews recommended by three Hy-Vee beer experts.

**FRIED ONION RINGS**

*Total Time: 1 hour
Serves: 6 (4 onion rings each)*

- 3 large yellow onions
- 2 cups buttermilk
- 1 Tbsp. bottled hot sauce
- 3 cups Hy-Vee all-purpose flour
- 3 Tbsp. Cajun seasoning
- Hy-Vee kosher sea salt, to taste

1. **PREHEAT** oven to 250°F. Place two wire racks on two rimmed baking sheets; set aside.
2. **CUT** onions crosswise into ½-in.-thick slices; separate into rings. Set large rings aside; reserve small rings for another use.
3. **COMBINE** buttermilk and hot sauce in a large resealable plastic bag. Add large onion rings to bag; seal bag. Turn to coat rings. Marinate for about 30 minutes.
4. **HEAT** 2 in. of oil in a deep skillet or 5-qt. Dutch oven over medium-high heat to 350°F on a deep-fry thermometer. (If you don’t have a deep-fry thermometer, stick a dry bamboo chopstick into the oil; if it takes about 2 seconds for bubbles to rise and encircle the chopstick, the oil is ready.)
5. **DRAIN** onion rings, reserving marinade in a medium bowl.
6. **WHISK** together flour and Cajun seasoning in a large bowl.
7. **TOSS** 3 to 4 onion rings into flour mixture, dip into reserved marinade and toss again into flour mixture. Add to hot oil and fry for 3 minutes or until golden brown, turning once. Use a skimmer to transfer to wire rack on baking sheet. Continue with remaining onion rings, working in batches.
8. **SPRINKLE** fried onion rings with salt, to taste. Keep warm in oven for up to 30 minutes before serving.

Nutrition facts cannot be accurately calculated for fried foods.

**CHOCOLATE-DIPPED PRETZELS**

Reheat 6 frozen soft pretzels according to package directions. Place a cooling rack over a baking sheet. Place 12 oz. chopped semisweet chocolate in a microwave-safe bowl. Microwave, uncovered, on 50 percent power for 1 minute; stir. Microwave on 50 percent power for 2 to 3 minutes more, stirring every 30 seconds until chocolate is melted and smooth. Partially dip pretzels into chocolate, letting excess chocolate drip off. Place on cooling rack and let stand until chocolate sets up. Repeat dipping. While chocolate is still wet, dip into miniature candy-coated milk chocolate pieces. If desired, sprinkle with Hy-Vee kosher sea salt. Let chocolate set up before serving.

**Stadium BREWS**

**EVEN KEELED SESSION IPA, Ballast Point Brewing Company.** An easy drinking, low-alcohol pale ale.

**FAT TIRE AMBER ALE, New Belgium Brewing.** Well-balanced ale with toasted malt and fruit flavors.

**SAMUEL ADAMS BOSTON LAGER, Boston Beer Company.** A smooth, full-bodied beer with prominent malt and caramel flavors.

**LEINENKUGEL’S ORIGINAL, Jacob Leinenkugel Brewing Company.** Crisp, classic flavors that go down smooth. This pairs well with most foods.

**UNFILTERED WHEAT BEER, Boulevard Brewing Company.** An American-style beer with bright citrus flavor. It is the best-selling craft beer in the Midwest.

**KOOSER PILSNER, Sierra Nevada Brewing Company.** This golden German-style pilsner has surprisingly big spice and floral hops flavors.

**RECIPE PAIR WELL WITH AN ICE COLD BEER.**

- **RECIPES**: Pair these stadium-style munchies with craft brews recommended by three Hy-Vee beer experts.
- **STADIUM EATS**: Forget your team rivalries and unite over some good stadium-style munchies. Pair these touchdown-worthy eats with craft brews recommended by three Hy-Vee beer experts.
- **FRIED ONION RINGS**: *Total Time: 1 hour
Serves: 6 (4 onion rings each)*

- **CHOCOLATE-DIPPED PRETZELS**: Reheat 6 frozen soft pretzels according to package directions. Place a cooling rack over a baking sheet. Place 12 oz. chopped semisweet chocolate in a microwave-safe bowl. Microwave, uncovered, on 50 percent power for 1 minute; stir. Microwave on 50 percent power for 2 to 3 minutes more, stirring every 30 seconds until chocolate is melted and smooth. Partially dip pretzels into chocolate, letting excess chocolate drip off. Place on cooling rack and let stand until chocolate sets up. Repeat dipping. While chocolate is still wet, dip into miniature candy-coated milk chocolate pieces. If desired, sprinkle with Hy-Vee kosher sea salt. Let chocolate set up before serving.
- **Stadium BREWS**: **EVEN KEELED SESSION IPA, Ballast Point Brewing Company.** An easy drinking, low-alcohol pale ale.
  - **FAT TIRE AMBER ALE, New Belgium Brewing.** Well-balanced ale with toasted malt and fruit flavors.
  - **SAMUEL ADAMS BOSTON LAGER, Boston Beer Company.** A smooth, full-bodied beer with prominent malt and caramel flavors.
  - **LEINENKUGEL’S ORIGINAL, Jacob Leinenkugel Brewing Company.** Crisp, classic flavors that go down smooth. This pairs well with most foods.
  - **UNFILTERED WHEAT BEER, Boulevard Brewing Company.** An American-style beer with bright citrus flavor. It is the best-selling craft beer in the Midwest.
  - **KOOSER PILSNER, Sierra Nevada Brewing Company.** This golden German-style pilsner has surprisingly big spice and floral hops flavors.

**RECIPES**

**PAIR WELL WITH AN ICE COLD BEER.**

- **RECIPES**: Pair these stadium-style munchies with craft brews recommended by three Hy-Vee beer experts.
- **STADIUM EATS**: Forget your team rivalries and unite over some good stadium-style munchies. Pair these touchdown-worthy eats with craft brews recommended by three Hy-Vee beer experts.
- **FRIED ONION RINGS**: *Total Time: 1 hour
Serves: 6 (4 onion rings each)*

- **CHOCOLATE-DIPPED PRETZELS**: Reheat 6 frozen soft pretzels according to package directions. Place a cooling rack over a baking sheet. Place 12 oz. chopped semisweet chocolate in a microwave-safe bowl. Microwave, uncovered, on 50 percent power for 1 minute; stir. Microwave on 50 percent power for 2 to 3 minutes more, stirring every 30 seconds until chocolate is melted and smooth. Partially dip pretzels into chocolate, letting excess chocolate drip off. Place on cooling rack and let stand until chocolate sets up. Repeat dipping. While chocolate is still wet, dip into miniature candy-coated milk chocolate pieces. If desired, sprinkle with Hy-Vee kosher sea salt. Let chocolate set up before serving.
- **Stadium BREWS**: **EVEN KEELED SESSION IPA, Ballast Point Brewing Company.** An easy drinking, low-alcohol pale ale.
  - **FAT TIRE AMBER ALE, New Belgium Brewing.** Well-balanced ale with toasted malt and fruit flavors.
  - **SAMUEL ADAMS BOSTON LAGER, Boston Beer Company.** A smooth, full-bodied beer with prominent malt and caramel flavors.
  - **LEINENKUGEL’S ORIGINAL, Jacob Leinenkugel Brewing Company.** Crisp, classic flavors that go down smooth. This pairs well with most foods.
  - **UNFILTERED WHEAT BEER, Boulevard Brewing Company.** An American-style beer with bright citrus flavor. It is the best-selling craft beer in the Midwest.
  - **KOOSER PILSNER, Sierra Nevada Brewing Company.** This golden German-style pilsner has surprisingly big spice and floral hops flavors.
CHOCOLATE-DRIZZLED CARAMEL CORN

Line two baking sheets with waxed paper. Place 12 oz. semi-sweet chocolate chips in a microwave-safe bowl. Microwave, uncovered, on 50 percent power for 1 minute; stir. Microwave on 50 percent power for 2 to 3 more minutes, stirring every 30 seconds until chocolate is melted and smooth. Toss together 16 oz. caramel corn and 2 cups unsalted peanuts on prepared baking sheet. Drizzle with melted chocolate and stir with a wooden spoon to coat. If desired, sprinkle with Hy-Vee kosher sea salt. Let stand for 5 minutes or until chocolate sets up.

BBQ BRISKET NACHOS

Total Time: 20 minutes  Serves: 8

1 lb. Hy-Vee Kitchen smoked brisket or 1 recipe Slow Cooker BBQ Brisket, right
½ cup Hy-Vee BBQ sauce
½ (15-oz.) bag Hy-Vee restaurant-style tortilla chips, divided
1 cup Hy-Vee mild corn and black bean salsa or Hy-Vee Kitchen cowboy caviar, divided
1 cup jarred queso sauce, divided
1 green onion, sliced; divided
Desired toppers, such as additional sliced green onions, jalapeno pepper slices and cilantro

1. PREHEAT oven to 350°F.

2. SHRED brisket. If using smoked brisket, combine shredded meat with BBQ sauce. If using slow cooker brisket, combine shredded meat with reserved liquid.

3. PLACE half of the tortilla chips in a 3-quart casserole. Top with half of the brisket, salsa, queso sauce and green onion. Repeat layers with remaining chips, brisket, salsa, queso sauce and green onion.

4. BAKE for 10 minutes or until nachos are heated through. Add desired toppings and serve immediately.

SLOW COOKER BBQ BRISKET: Rub 1 lb. fresh beef brisket with ½ cup dry barbecue rub. Cover with plastic wrap and refrigerate for at least 30 minutes or until ready to cook. Place brisket and 2 cups Hy-Vee BBQ sauce in a 3- or 4-quart slow cooker. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours or until fork tender. Remove brisket from slow cooker; reserve 1 cup liquid.

Per serving: 420 calories, 14 g fat, 3.5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 1,090 mg sodium, 58 g carbohydrates, 3 g fiber, 31 g sugar, 15 g protein.
Belgian chocolatiers have a reputation for producing some of the most decadent chocolate in the world. Belgium, known as the “Chocolate Capital of the World,” is where chocolate is scrutinized by experts for its aroma, flavor, and fine texture. For Belgians, chocolate is more than food; it’s a way of life. You won’t walk the cobbled streets of Brussels without seeing some of the country’s 2,000 specialty chocolate shops. Add to this Belgium’s 500 different manufacturers, and it seems the scent of chocolate hangs in the air of this small country like a sweet fog.

It was here, just outside of Brussels, that ZÖET chocolate bars were created by experts who use some of the finest ingredients and cacao beans in the world to make them. ZÖET, the Dutch word for “sweet,” is available in bar form in more than 20 varieties of milk, dark, and white chocolate with a range of mix-ins, such as caramel and fruit. The bars travel across the Atlantic and are sold exclusively at Hy-Vee grocery stores.

The secret behind ZÖET bars? The Belgians use higher than average cocoa powder content—43 percent to the United States’ 20 percent—and a lengthier blending process that delivers a smoother result. The mastery of old-world techniques is combined with modern technology to successfully transform a delicacy previously enjoyed only by the affluent into a luxury everyone can appreciate.

**CHOCOLATE FAQS**

**WHAT MAKES BELGIAN CHOCOLATE UNIQUE?**
Belgian chocolate uses cacao beans grown in the Congo, located in Central Africa. The hot, rainy and tropical climate in this area is ideal for growing some of the best quality cacao beans in the world. Belgian chocolatiers, who love chocolate as much as you do, use the beans to prepare ZÖET premium chocolate bars.

**WHAT DO THE CACAO PERCENTAGES MEAN?**
The “% cacao” that you’ll find on packages of ZÖET bars refers to the percentage of cocoa solids in the chocolate. Cocoa solids are all the ingredients from a cacao bean, including cocoa powder, cocoa butter, chocolate liquor and even ground cocoa nib. The higher the percentage, the darker and more strongly flavored the chocolate will be as there is less room for sugar and other flavorings in the product. A higher percentage also means the chocolate has more health benefits.

**WHAT ARE SOME OF THE HEALTH BENEFITS OF DARK CHOCOLATE?**
Dark chocolate with 70 percent or more cacao is rich in antioxidants; it has been scientifically proven to boost your mood and improve blood flow, while lowering blood pressure. It also contains a good dose of iron, and just a small amount can cure a chocolate craving.
CHOCOLATE TASTING PARTY
Eat a lot of chocolate in small amounts, compare notes on the flavors and maybe even discover a new fave. Sound like fun? Then invite a few friends over to indulge in ZÖET chocolate bars, which come in many different flavors. Here are tips for helping guests make the most of every bite of chocolate.

OFFER A VARIETY of ZÖET chocolate bars, including white chocolate, milk chocolate, dark chocolate and extra dark chocolate. Allow roughly two squares per person. Any more will overwhelm palates.

SERVE FROM BITTER TO SWEET—dark first, then milk, then white. However, start with the sweetest of the dark chocolates—those with the lowest percentage of cacao—and work your way up to the strongest.

PROVIDE PALATE CLEANSERS, such as apple slices or crusty fresh bakery bread, along with water so one type of chocolate doesn’t influence another type.

At your chocolate tasting, include dried and fresh fruits. Dried fruits have concentrated flavors, so they stand up to dark chocolate. Fresh berries and citrus complement the richness of white and milk chocolate, while nuts add a delightful crunch. Crusty fresh bakery bread or unsalted crackers help neutralize the palate. Coffee is a good way to end your tasting. Pair dark chocolate with bolder, darker roast coffees and milk chocolate and caramel with medium or light roasts.

BAR CHOICES
EXTRA DARK CHOCOLATE
PLAIN OR WITH COCOA NIBS
DARK CHOCOLATE
PLAIN OR WITH TOASTED COCONUT, PEAR & ALMONDS, ORANGE & ALMONDS, BLACKBERRY & LEMON, LEMON & PEPPER
MINT CRISP, CHERRY, HATCH CHILE PEPPERS, PUMPKIN SPICE
MILK CHOCOLATE
PLAIN OR WITH TOFFEE & SEA SALT, SALTED POTATO CHIPS
WHITE CHOCOLATE
PLAIN OR WITH STRAWBERRIES, CANDY CANEES, CRUNCH

Open a jar of ZÖET spread and add a little sweetness to your day. The spreads come in amazing flavors that will delight your senses. Their smooth, creamy richness takes waffles, toast or crepes to a whole new level. Use them as a dip for strawberries or apples. Or, better yet, sneak a spoonful right out of the jar.

SWEET ZÖET SPREADS STAR IN THESE AMAZING 10-MINUTE DESSERTS.

CHOCO-TOFFEE BALLS

CHOCOLATE COOKIE BUTTER SHAKE
Combine 1 cup Hy-Vee chocolate ice cream, ½ cup Hy-Vee 2% milk and 2 Tbsp. ZÖET Speculoos Cookie Butter in a blender. Cover and blend until smooth. Pour into a glass. Top with Hy-Vee whipped topping and sprinkle with desired crushed candy. Serves 1.

CHOCOLATE-ALMOND DESSERT DIP
Sprinkle 1 cup Hy-Vee Greek plain nonfat yogurt and 1 cup ZÖET Almond Chocolate Spread in a bowl. Beat until combined. Beat in ½ cup Hy-Vee powdered sugar until smooth. Serve with strawberries, apple slices, shortbread cookies or broken waffle cone pieces. Serves 8 (½ Tbsp. each).

SPREAD FLAVOR GUIDE
1. ZÖET Speculoos Cookie Butter is made with generous chunks of Belgian Speculoos cookies. The spread shortbread biscuit give it a gingerybread flavor with a caramel accent.
2. ZÖET Dark Chocolate Spread is rich, dark and decadent and as good as eating brownie batter right out of the bowl.
3. ZÖET Toffee Bits & Sea Salt Milk Chocolate Spread has a distinctive salty-sweet flavor and gets its crunch from the toffee bits.
4. ZÖET Almond Chocolate Spread is made with almond butter and low-fat cocoa. It’s ultra creamy.
GATHER FRIENDS FOR A CASUAL, FUN PARTY FEATURING RICH CHOCOLATE FONDUE WITH AN ARRAY OF DIPPERS. NO MATTER WHAT GETS DIPPED, EVERYTHING TASTES BETTER WITH CHOCOLATE.

**Microwave Chocolate Fondue**

Combine 10 oz. premium bittersweet baking chips, 10 oz. premium milk chocolate baking chips and 1½ cups Hy-Vee heavy whipping cream in a medium microwave-safe bowl. Microwave, uncovered, on 50 percent power for 2 minutes; stir. Microwave on 50 percent power for 2 to 3 minutes more, stirring every 30 seconds until chocolate is melted and smooth.

**what to dip**

- Churros
- Dried Apricots
- Popcorn
- Kiwi
- Potato Chips
- Dragon Fruit
- Bacon
- Blackberries
- Raspberries
- Blueberries
- Hazelnut Rolled Wafers
- Pineapple
- Strawberries
- Star Fruit
- Chocolate Chip Scones
- Wafer Cookies
- Waffles
- Animal Crackers
- Whole Pecans
- Edamame
- Marshmallows
This February, grab the girls and celebrate. Coined in 2010 by Leslie Knope on the television series Parks and Recreation, Galentine’s Day takes place on February 13th. The unofficial holiday celebrates friendship and ladies, from coworkers to sisters. If you’re planning to host, keep these tips in mind. Plan a group game that generates noise and laughter. Charades, Taboo and Apples to Apples become even more outrageously fun after a couple of bubbly cocktails or glasses of wine. Choose bite-size foods that take minimal effort to pull together but leave your guests satisfied. Let an over-the-top treat like the donut cake, opposite, be a sweet surprise. Offer at least one signature cocktail (see Strawberry Moscato Cocktail, page 56). For decoration, get creative with anything pink, white or metallic. Streamers, balloons and florals are all available at your local Hy-Vee.

**DONUT CAKE**

DH: DONUT LOVERS, HERE WE HAVE THE PERFECT CAKE THAT’S BIG ON FUN AND EASY TO MAKE. YOU DON’T EVEN HAVE TO TURN ON THE OVEN!

GATHER THE COMPONENTS
Order two dozen cake donuts from your Hy-Vee Bakery—enough to fit a 10-in. pedestal. Purchase candies and sprinkles, plus a dozen roses in white, ivory and various shades of pink from your Hy-Vee Floral department.

CREATE THE CAKE
Ice the donuts and add desired candies and sprinkles. Once they’re dry, get stacking. Tuck a few food-safe roses into the open spaces for a festive look. Be sure to gently wash and dry the roses before allowing them to touch the food.

**GALENTINE?**

WORDS Lois White PHOTOS Cameron Salkehrpour and Tobin Bennett
Mini Pizzas

Total Time 45 minutes
Serves 3 (1 individual pizza each)

1 Tbsp. Hy-Vee Select olive oil, for greasing
1 (6.5-oz.) pkg. Hy-Vee pizza crust mix
1 Tbsp. Hy-Vee Italian seasoning
½ cup hot water

1. PREHEAT oven to 450°F. Grease a baking sheet; set aside.
2. COMBINE pizza crust mix, Italian seasoning and water in a bowl until moistened. Divide dough into three portions. Using floured fingers, form each portion into a heart-shaped crust on prepared baking sheet. Bake for 10 minutes or until edges are golden. Reduce oven temperature to 425°F. Continue with one of the options that follow.

CHICKEN PESTO PIZZAS: Spread half of a 6.5-oz. jar Hy-Vee Select pesto Genovese onto crusts. Top with 1 cup chopped cooked chicken, 8 oz. mozzarella pearls, 1 cup halved grape tomatoes and a drizzle of bottled garlic butter sauce. Bake for 6 to 8 minutes more or until cheese is bubbly. Let stand for 5 minutes before serving.

Per serving: 640 calories, 32 g fat, 11 g saturated fat, 0.5 g trans fat, 90 mg cholesterol, 1,040 mg sodium, 50 g carbohydrates, 4 g fiber, 7 g sugar, 36 g protein

HAM AND GRAPE PIZZAS: Sprinkle 1 cup shredded Fontina cheese (4 oz.) on crusts. Top with 5 thin slices deli smoked ham, 1 medium sliced tomato and 1 cup halved red seedless grapes. Drizzle with 1 Tbsp. Hy-Vee honey and sprinkle with chopped fresh thyme. Bake as directed above.

Per serving: 490 calories, 21 g fat, 9 g saturated fat, 0.5 g trans fat, 60 mg cholesterol, 1,140 mg sodium, 56 g carbohydrates, 2 g fiber, 14 g sugar, 22 g protein

SEASONS | February 2017

1. SPAGHETTI-MEATBALL BITES
No fork twirling required for this twist on an Italian dinner. Heat frozen Italian meatballs according to package directions; toss with jarred vodka pasta sauce. Stick a cocktail fork or party pick into each meatball, then wrap cooked spaghetti noodles around fork.

2. PROSCIUTTO RIBBON MANGO
This two-ingredient appetizer is the easiest party starter ever! Peel and seed a fresh mango; cut into large chunks. Cut prosciutto slices lengthwise into ribbons. Wrap a prosciutto ribbon around each mango chunk and—ta-da!—it’s ready to secure with a toothpick.

3. BEET HUMMUS
Get in on a fun new way to eat a finger-friendly starter like crostini. Combine 1 (9 oz.) container Hy-Vee Select original hummus and 1 cup drained picked beet slices in a blender. Cover and blend until smooth. Spread mixture on toasted Hy-Vee Bakery French baguette slices, top with red rock salt and garnish with fresh dill.
2. MINI CUPCAKES
These delicate cakes pack a deliciously sweet punch with a generous buttercream topping. Purchase unfrosted mini chocolate cupcakes and vanilla buttercream icing at your Hy-Vee Bakery. Pipe the icing on each cupcake, sprinkle with coarse sugar and add a fresh raspberry. For the heart decoration, melt pink candy melts according to package directions. Pipe the melted candy into heart shapes onto a sheet of waxed paper, chill to set then insert into the icing.

3. TIE-DYED COOKIE POPS
The only thing better than eating your favorite sandwich cookies is dressing them up for a party! Insert a lollipop stick into the cream filling of each cookie. Then melt white chocolate according to package directions. Using a toothpick, swirl oil-based pink food coloring into the white chocolate. Partially dip cookies into the coating; gently tap the stick to allow excess coating to drip off; then place upright in a glass to dry. (Note: Use oil-based food coloring to prevent the white chocolate from seizing up.)
strawberry moscato cocktail

Total Time 5 minutes
Serves 1

Ice cubes
1½ oz. citrus vodka
1 Tbsp. Hy-Vee strawberry jelly
Juice of 2 lemon wedges
2 oz. berry-flavored Moscato wine

Fresh strawberry slices, optional
Candy swirl stick, optional

1. Fill a cocktail shaker with ice; add citrus vodka, jelly, and lemon juice. Cover and shake for 10 seconds. Strain into an ice-filled glass. Top with Moscato wine. If desired, add strawberry slices and a candy stick before serving.

*Note: Make this a raspberry cocktail by substituting seedless red raspberry jam.

Per serving:
240 calories, 0 g fat, 0 g sodium, 0 g cholesterol, 5 mg protein

One glass of wine is equivalent to 5 glasses of beer or 10 glasses of mixed alcohol.

CRANBERRY-CITRUS MOCKTAIL
Add 3 oz. cranberry juice, 1 Tbsp. orange juice and 1½ tsp. lime juice to an ice-filled shaker and shake for 10 seconds. Strain into a non-glass.

GRAPESKIN MOCKTAIL
Add 4 oz. grapefruit juice and 2 Tbsp. simple syrup (1 part water to 1 part sugar) into a glass. Top off with lemon-lime carbonated soda and 1 tsp. grenadine syrup. Add a stir stick.

GRAPEFRUIT MOCKTAIL
Add 4 oz. grapefruit juice to a glass; simple syrup (1 part water to 1 part sugar) is to a glass. Top off with lemon-lime carbonated soda and 1 tsp. grenadine syrup. Add a stir stick.

DRINK UP PINK COCKTAILS AND MOCKTAILS SAY “CHEERS TO A GREAT FRIENDSHIP!”

Sing along—good voice or not!
Switch up the playlist and sing along to old favorites and new jams. Alternate who plays DJ to mix it up even more.

No Boys Allowed
Galentine’s Day is the day for girls to celebrate being girls. It’s all about listening to music, dancing, sharing a few drinks and going the silly route. Sorry, guys, we’ll see you on Valentine’s Day.

ANY DAY WORKS
Technically, Galentine’s Day is February 13, but feel free to plan your party for the Saturday or Sunday before Valentine’s Day to avoid any conflicts.

EAT TO YOUR HEART’S CONTENT
Calorie counting is strictly prohibited, so grab a donut from the extraordinary cake on the dessert table. After all, donuts and friends are among two of the most important things in life.

MAKE IT A MOCKTAIL
There’s no better time to drink something beautifully bright pink than on Galentine’s Day, even if it’s not official! Here’s a couple of mocktails that are so delicious no one will miss the real deal.

OMBRÉ
GRAPEFRUIT MOCKTAIL
Add 4 oz. grapefruit juice and 2 Tbsp. simple syrup (1 part water to 1 part sugar) to a glass. Top off with lemon-lime carbonated soda and 1 tsp. grenadine syrup. Add a stir stick.

CRANBERRY-CITRUS MOCKTAIL
Add 3 oz. cranberry juice, 1 Tbsp. orange juice and 1½ tsp. lime juice to an ice-filled shaker and shake for 10 seconds. Strain into a non-glass.

1. Fill a cocktail shaker with ice; add citrus vodka, jelly, and lemon juice. Cover and shake for 10 seconds. Strain into an ice-filled glass. Top with Moscato wine. If desired, add strawberry slices and a candy stick before serving.

*Note: Make this a raspberry cocktail by substituting seedless red raspberry jam.

Per serving:
240 calories, 0 g fat, 0 g sodium, 0 g cholesterol, 5 mg protein

One glass of wine is equivalent to 5 glasses of beer or 10 glasses of mixed alcohol.

CRANBERRY-CITRUS MOCKTAIL
Add 3 oz. cranberry juice, 1 Tbsp. orange juice and 1½ tsp. lime juice to an ice-filled shaker and shake for 10 seconds. Strain into a non-glass.

GRAPESKIN MOCKTAIL
Add 4 oz. grapefruit juice and 2 Tbsp. simple syrup (1 part water to 1 part sugar) into a glass. Top off with lemon-lime carbonated soda and 1 tsp. grenadine syrup. Add a stir stick.

OMBRÉ
GRAPEFRUIT MOCKTAIL
Add 4 oz. grapefruit juice and 2 Tbsp. simple syrup (1 part water to 1 part sugar) to a glass. Top off with lemon-lime carbonated soda and 1 tsp. grenadine syrup. Add a stir stick.

DRINK UP PINK COCKTAILS AND MOCKTAILS SAY “CHEERS TO A GREAT FRIENDSHIP!”

Sing along—good voice or not!
Switch up the playlist and sing along to old favorites and new jams. Alternate who plays DJ to mix it up even more.

No Boys Allowed
Galentine’s Day is the day for girls to celebrate being girls. It’s all about listening to music, dancing, sharing a few drinks and going the silly route. Sorry, guys, we’ll see you on Valentine’s Day.

ANY DAY WORKS
Technically, Galentine’s Day is February 13, but feel free to plan your party for the Saturday or Sunday before Valentine’s Day to avoid any conflicts.

EAT TO YOUR HEART’S CONTENT
Calorie counting is strictly prohibited, so grab a donut from the extraordinary cake on the dessert table. After all, donuts and friends are among two of the most important things in life.

MAKE IT A MOCKTAIL
There’s no better time to drink something beautifully bright pink than on Galentine’s Day, even if it’s not official! Here’s a couple of mocktails that are so delicious no one will miss the real deal.

OMBRÉ
GRAPEFRUIT MOCKTAIL
Add 4 oz. grapefruit juice and 2 Tbsp. simple syrup (1 part water to 1 part sugar) to a glass. Top off with lemon-lime carbonated soda and 1 tsp. grenadine syrup. Add a stir stick.

CRANBERRY-CITRUS MOCKTAIL
Add 3 oz. cranberry juice, 1 Tbsp. orange juice and 1½ tsp. lime juice to an ice-filled shaker and shake for 10 seconds. Strain into a non-glass.

PER servIng:
240 caloRies, 0 g fat, 0 g sodium, 0 g cholesterol, 5 mg protein

One glass of wine is equivalent to 5 glasses of beer or 10 glasses of mixed alcohol.

CRANBERRY-CITRUS MOCKTAIL
Add 3 oz. cranberry juice, 1 Tbsp. orange juice and 1½ tsp. lime juice to an ice-filled shaker and shake for 10 seconds. Strain into a non-glass.

GRAPESKIN MOCKTAIL
Add 4 oz. grapefruit juice and 2 Tbsp. simple syrup (1 part water to 1 part sugar) into a glass. Top off with lemon-lime carbonated soda and 1 tsp. grenadine syrup. Add a stir stick.

OMBRÉ
GRAPEFRUIT MOCKTAIL
Add 4 oz. grapefruit juice and 2 Tbsp. simple syrup (1 part water to 1 part sugar) to a glass. Top off with lemon-lime carbonated soda and 1 tsp. grenadine syrup. Add a stir stick.

DRINK UP PINK COCKTAILS AND MOCKTAILS SAY “CHEERS TO A GREAT FRIENDSHIP!”

Sing along—good voice or not!
Switch up the playlist and sing along to old favorites and new jams. Alternate who plays DJ to mix it up even more.

No Boys Allowed
Galentine’s Day is the day for girls to celebrate being girls. It’s all about listening to music, dancing, sharing a few drinks and going the silly route. Sorry, guys, we’ll see you on Valentine’s Day.

ANY DAY WORKS
Technically, Galentine’s Day is February 13, but feel free to plan your party for the Saturday or Sunday before Valentine’s Day to avoid any conflicts.

EAT TO YOUR HEART’S CONTENT
Calorie counting is strictly prohibited, so grab a donut from the extraordinary cake on the dessert table. After all, donuts and friends are among two of the most important things in life.

MAKE IT A MOCKTAIL
There’s no better time to drink something beautifully bright pink than on Galentine’s Day, even if it’s not official! Here’s a couple of mocktails that are so delicious no one will miss the real deal.

OMBRÉ
GRAPEFRUIT MOCKTAIL
Add 4 oz. grapefruit juice and 2 Tbsp. simple syrup (1 part water to 1 part sugar) to a glass. Top off with lemon-lime carbonated soda and 1 tsp. grenadine syrup. Add a stir stick.

CRANBERRY-CITRUS MOCKTAIL
Add 3 oz. cranberry juice, 1 Tbsp. orange juice and 1½ tsp. lime juice to an ice-filled shaker and shake for 10 seconds. Strain into a non-glass.

PER servIng:
240 caloRies, 0 g fat, 0 g sodium, 0 g cholesterol, 5 mg protein

One glass of wine is equivalent to 5 glasses of beer or 10 glasses of mixed alcohol.
CHOC-IT-UP
ICE CREAM COOKIE SANDWICHES

STEP ONE: Melt white or dark chocolate (see directions, page 12).

STEP TWO: Dip one end of a frozen ice cream cookie sandwich into melted chocolate.

STEP THREE: Immediately dip chocolate-coated side into coconut, toffee bits or sprinkles. Place on a waxed paper-lined baking sheet. Freeze until chocolate sets up.

Chocolate lovers, get ready to treat yourself to amazing ice cream dips, brownies, cupcakes and more! There’s no reason to wait for a special occasion with recipes as simple as these.
CHOP
5 oz. semisweet chocolate; set aside.

COMBINE
¼ cup Hy-Vee heavy whipping cream and 1 tsp. Hy-Vee light corn syrup in a heavy small saucepan. Heat over medium heat just until mixture begins to boil. Remove from heat; whisk in chocolate until melted and smooth. Whisk in 2 Tbsp. Hy-Vee butter, softened, until melted.

CRAZY GOOD COOKIE-BROWNIE BARS

1 Preheat oven to 350°F. Line a 9×9-inch baking pan with foil; grease foil. Spread 1 (16.5-oz.) package refrigerated chocolate chip cookie dough into bottom of pan.

2 Place a layer of double cream-filled chocolate sandwich cookies over cookie dough in pan.

3 Prepare 1 (21-oz.) box brownie mix according to package directions. Spread batter over cookie layer. Bake for 30 to 35 minutes or until a wooden toothpick inserted near the center comes out clean.

PUDDING PIZZAZZ
Top purchased Hy-Vee pudding with whipped topping and desired toppers such as chopped milk chocolate pretzel balls, candy or cocoa-coated miniature marshmallows.

CHOCOLATE TRUFFLES
Chop 5 oz. semisweet chocolate; set aside. Combine ¾ cup Hy-Vee heavy whipping cream and 1 tsp. Hy-Vee light corn syrup in a heavy small saucepan. Heat over medium heat just until mixture begins to boil. Remove from heat; while in chocolate; until melted and smooth. Whisk in 2 Tbsp. Hy-Vee butter, softened, until melted. Transfer mixture to a small bowl. Cover and refrigerate for 1 hour. Scoop 1 Tbsp.-size portions onto a baking sheet lined with waxed paper. Refrigerate for 30 minutes. Roll portions into balls. Roll balls into desired sprinkles, Hy-Vee mini semisweet chocolate chips, walnuts or baking cocoa. Makes 15 truffles.

GLAZED-OVER BISCOTTI
Preheat oven to 300°F. Cut a loaf of Hy-Vee Bakery artisan raisin walnut bread into ½-in. slices. Cut each slice in half; place on a baking sheet. Bake for 10 minutes. Turn slices over and bake for 5 minutes more or until crisp. Cool on a wire rack. Dip slices into melted semisweet chocolate chips and toasted chopped pecans. Place biscotti on waxed paper-lined baking sheets. Let stand at room temperature or in the refrigerator until chocolate sets up.

DELIGHT YOUR VALENTINE WITH CEREAL TREATS CUT INTO HEART SHAPES AND DIPPED IN MELTED WHITE CHOCOLATE AND PRETTY SPRINKLES.

DELI CIOUS SEASONS | hy-vee.com
Hy-Vee cake designers Kassie Mather and Patty Hammond were a first for the Food Network’s Cake Wars competition. In four years on TV, there had never been contestants who worked for a supermarket. Though the experience didn’t end as Kassie and Patty had hoped, their visit to prime time was definitely an adventure.

**Kassie Mather**

**Title**
Lead Cake Designer at Hy-Vee on Edgewood Rd. in Cedar Rapids, Iowa

**Years at Hy-Vee**
Six years

**Awards**
Hy-Vee Cake Challenge: First place in 2013 Regionals and Decorator’s Choice in 2014 Regionals

**Favorite Part of the Job**
“It has always been something different. Every day there is something new to do. It’s never monotonous.”

**An Unlikely Tool You Use**
“For working with fondant, I often use a pizza cutter. It’s a cheap option and it works very well.”

**Patty Hammond**

**Title**
Assistant Bakery Manager and Lead Cake Designer at Hy-Vee on Mount Vernon Rd. in Cedar Rapids, Iowa

**Years at Hy-Vee**
Six years

**Awards**
Hy-Vee Cake Challenge: First place and Decorator’s Choice in 2015 Regionals

**Favorite Part of the Job**
“One thing I really like about decorating is working with the customer one-on-one to create something special for them that matches their needs.”

**An Unlikely Tool You Use**
“When I want to make something that looks like wood trim, I use a cheap little skewer that’s disposable. I always tell home cake makers to find what works for you, your own little groove.”

---

**Q: How did you get on Cake Wars?**

**Kassie:** At the end of an episode one night, they said that anyone who wanted to be on the next season could go online and let them know. So jokingly I said, “Oh, yeah, I could do that.” Then my husband and my boys are like, “Yeah, you should do that!”

**Q: How was it decided the two of you would appear on the show?**

**Kassie:** I got an email from a producer asking for photos showing our work. A few months later, I got a call asking for a video of us. Then the producer called and said we are flying you to Los Angeles on July 19 to film for four days.

**Q: How did the filming go?**

**Kassie:** Magic was the theme for the first round and we only got 75 minutes to make the cake. So we had to come up with something to do really fast but also clean and smooth and related to magic. When we watched the episode later, I felt some of the other contestants spent a lot of time arguing with each other. Patty and I worked together and it went smoother for us.

**Patty:** Once we went live, I thought I was going to throw up. But I told myself, “You can do this. You know what you are doing. You are good at this.” And it started going better. Then we got this groove and it was just Kassie and me working, laughing and having fun. It became all about representing Hy-Vee and doing well.

**Q: At the end of filming, one team was cut. How hard was it when the producers picked you?**

**Patty:** I was totally bummed. We had an amazing cake planned if we made the finals. It was really a cool design, but we didn’t get a chance to show it off on national television.

**Kassie:** When our episode was finally on in October, everyone could see that we had skills. That’s obvious to anyone who ever sees our work.

**Q: So what was your take-away from the experience?**

**Kassie:** I look back and I feel like we really did great competitionwise, no matter what happened. Patty and I really showed off how creative we can be.

**Patty:** I had a cake recently where they wanted a piped-on Tyrannosaurus rex storming through a pumpkin patch crushing the pumpkins with his mouth. That took me a little bit longer than most cakes because I had to pipe on the Tyrannosaurus and make it kid friendly. I think the boy was six or seven. When cakes are for 14- or 15-year-olds, they can be a little more lifelike. But for little kids, we can go more cartoony and fun. This was fun.

**Kassie:** For me, it was a cake I made for a group called Icing Smiles. They find out about terminally ill children and then get a decorator in the area to donate a cake. So I made one for a child who was terminal. The family requested a popular pony character and I had fun with that. I got to deliver it to the little girl. That sticks out in my mind as something special.

---

**THE CAKE**

This was Kassie and Patty’s design for Cake Wars.

**Kassie:** When our episode was finally on in October, everyone could see that we had skills. That’s obvious to anyone who ever sees our work.

**Q: So what was your take-away from the experience?**

**Kassie:** I look back and I feel like we really did great competitionwise, no matter what happened. Patty and I really showed off how creative we can be.

**Patty:** I had a cake recently where they wanted a piped-on Tyrannosaurus rex storming through a pumpkin patch crushing the pumpkins with his mouth. That took me a little bit longer than most cakes because I had to pipe on the Tyrannosaurus and make it kid friendly. I think the boy was six or seven. When cakes are for 14- or 15-year-olds, they can be a little more lifelike. But for little kids, we can go more cartoony and fun. This was fun.

**Kassie:** For me, it was a cake I made for a group called Icing Smiles. They find out about terminally ill children and then get a decorator in the area to donate a cake. So I made one for a child who was terminal. The family requested a popular pony character and I had fun with that. I got to deliver it to the little girl. That sticks out in my mind as something special.
Level the Cake
Move a large serrated knife back and forth in a gentle sawing motion to remove the crown of each cake layer so it’s level and flat before filling and stacking.

Pipe the Buttercream
Use a large round tip to pipe a ring of buttercream around the edge of the first cake layer. Continue piping rings of buttercream around the sides and on top of the cake.

Smooth the Buttercream
Use a spatula to smooth out the buttercream as evenly as possible. Place second cake layer, bottom side up, on top of first layer. The bottom creates a nice flat top for your cake.

Pipe More Buttercream
Continue piping rings of buttercream around the sides and on top of the cake.

Smooth the Buttercream
Use a large spatula to smooth out the top and push the icing toward the edges of the cake. Then smooth out the sides and go back over the top, if needed.

DECORATE LIKE A PRO

RUFFLE EDGING: Use rose tip #104. Hold decorating bag at a 45-degree angle with wide end of tip lightly touching surface and narrow end facing down and away from surface. Move your wrist up to pull up the icing and down to complete one wave of the ruffle. Repeat this up-and-down motion to complete entire ruffle.

VERTICAL SEA RIBBON: Use open shell tip #199. Hold bag at a 45-degree angle and pipe from bottom up. Squeeze with heavier pressure and slightly lift the tip as the icing builds. Decrease the pressure as you push the tip toward the cake.

ROSETTE TRIM: Use star tip #22. Hold decorating bag at about a 90-degree angle. Lightly squeeze and move your hand to the left, up and around in a circular motion to create a peak at the top.

SMOOTH ROUND BORDER: Use round tip #12. Hold decorating bag at a 45-degree angle with the end of the bag pointing to the right. Squeeze with heavier pressure and slightly lift the tip as the icing builds. Decrease the pressure as you push the tip down toward the cake.

FROSTING 101
Five easy steps! Purchase blank cakes and buttercream at your Hy-Vee Bakery.

Level the Cake
Move a large serrated knife back and forth in a gentle sawing motion to remove the crown of each cake layer so it’s level and flat before filling and stacking.

Pipe the Buttercream
Use a large round tip to pipe a ring of buttercream around the edge of the first cake layer. Continue piping rings of buttercream to fill in the center.

Smooth the Buttercream
Use a spatula to smooth out the buttercream as evenly as possible. Place second cake layer, bottom side up, on top of first layer. The bottom creates a nice flat top for your cake.

Pipe More Buttercream
Continue piping rings of buttercream around the sides and on top of the cake.

Smooth the Buttercream
Use a large spatula to smooth out the top and push the icing toward the edges of the cake. Then smooth out the sides and go back over the top, if needed.

DECORATE LIKE A PRO

RUFFLE EDGING: Use rose tip #104. Hold decorating bag at a 45-degree angle with wide end of tip lightly touching surface and narrow end facing down and away from surface. Move your wrist up to pull up the icing and down to complete one wave of the ruffle. Repeat this up-and-down motion to complete entire ruffle.

VERTICAL SEA RIBBON: Use open shell tip #199. Hold bag at a 45-degree angle and pipe from bottom up. Squeeze with heavier pressure and slightly lift the tip as the icing builds. Decrease the pressure as you push the tip toward the cake.

ROSETTE TRIM: Use star tip #22. Hold decorating bag at about a 90-degree angle. Lightly squeeze and move your hand to the left, up and around in a circular motion to create a peak at the top.

SMOOTH ROUND BORDER: Use round tip #12. Hold decorating bag at a 45-degree angle with the end of the bag pointing to the right. Squeeze with heavier pressure and slightly lift the tip as the icing builds. Decrease the pressure as you push the tip down toward the cake.
get the goods

SAVE AT HY-VEE BY PICKING UP THE FOLLOWING DEALS SHOWN HERE AND THROUGHOUT HY-VEE SEASONS.

SNACKS

Chee Mix, Garretts or Biggles; select varieties 9 to 15 oz. $2.99

Pretzel Crisps; select varieties 5.5 to 14 oz. $4.48

Lindt Truffle; select varieties 5.1 oz. $5.99

Ghirardelli Chocolate; select varieties 4.1 to 12 oz. $3.49

SNACK FACTORY’S ORIGINAL PRETZEL CRISPS PACK A SALTY PUNCH INTO AN APPLE STACK MADE WITH PEANUT BUTTER AND LUSCIOUS MELTED CHOCOLATE.

FRIDGE AND FREEZER

Mars Family Size M&M’s; select varieties 11.4 to 10.5 oz. $4.99

Dove Chocolate; select varieties 7.94 or 8.87 oz. $3.49

Farm Rich Breakthrough Donut Holes or Scones; select varieties 15 or 16 oz. $2.99

Pictsweet Vegetables; select varieties 8 to 14 oz. $1.79

Frimo Cheese; select varieties 5 to 15 oz. 2/$5.00

Hormel Pepperoni; select varieties 3.75 to 8 oz. $2.99

Sargento All Natural Shredded Cheese; select varieties 5 to 8 oz. 2/$4.00

Wimmers Summer Sausage; select varieties 18 oz. $5.99

Wimmers Natural Casing Dinner Sausage or Little Smokies; select varieties 15 or 14 oz. $3.99

Old Orchard 100% Apple Juice or Blends; select varieties 64 fl. oz. 2/$4.00

Wimmers Natural Casing Dinner Sausage or Little Smokies; select varieties 15 or 14 oz. $3.99

Old Orchard 100% Apple Juice or Blends; select varieties 64 fl. oz. 2/$4.00
A HAPPY POOCH
KEEPING YOUR CANINE FRIEND HEALTHY AND HAPPY IS EASY. START WITH NUTRITIOUS TREATS.

THE 10 PERCENT RULE
TREATS SHOULD MAKE UP NO MORE THAN 10 PERCENT OF A DOG’S DAILY CALORIES. BUT MEASURING THAT AMOUNT CAN BE TRICKY. DR. APRIL BLONG, OF THE IOWA STATE UNIVERSITY COLLEGE OF VETERINARY MEDICINE, RECOMMENDS GIVING BITS OF THE SAME KIBBLE PETS EAT FOR MEALS. “DOGS ARE NOT PICKY ABOUT TREATS. THEY JUST WANT FOOD,” SHE SAYS.

Safe, Healthy Treats
Giving treats can be a healthy way to bond with your dog. Try veggies and fruit, such as apple slices (with no seeds), carrot sticks and green beans. Other snack options include small pieces of rice cakes or small amounts of air-popped popcorn with no butter, salt or unpopped kernels. Avoid using treats to replace meals.

STEER CLEAR OF CHOCOLATE
THE SWEET CONTAINS THEOBROMINE, WHICH CAN POISON A DOG AND CAUSE STOMACH UPSET, SEIZURES AND EVEN DEATH. DARK CHOCOLATESPOSE THE GREATEST RISK. GRAPEsandRAISINS ARE ALSO TOXIC TO DOGS AND MAY CAUSE KIDNEY FAILURE.

Safe, Healthy Treats

Now it’s even easier to save money at Hy-Vee with hy-veedeals.com. You’ll find digital coupons, weekly ads, everyday low prices, exclusive sales and more — all on a mobile-friendly website.
Recipes

APPETIZERS/SNACKS
- BBQ Brisket Nachos p. 43
- Fried Onion Rings p. 40

DRINKS
- Strawberry Moscato Cocktail p. 51
- Triple Coca Martini p. 15

MAIN DISHES
- Chicken-Pesto Pizzas p. 52
- Flaked & Broiled Lobster Tails p. 27
- Ham and Grape Pizzas p. 52
- Mocha-Rubbed Ribs p. 38
- Red Pepper Shrimp p. 27
- Simple Roast Chicken & Veggies p. 20
- Slow Cooker Mole Chicken p. 27
- Steak Tips & Parmesan Potatoes p. 20

SALADS/SIDE DISHES
- Apple, Fennel & Strawberry Salad p. 20

DESSERTS
- Chocolate Chip Cookies p. 19
- Coconut-Topped Caramel Corn p. 42
- Easiest Molten Chocolate Cakes p. 21
- Chocolate Cookie Butter Shake p. 47
- Chocolate Truffles p. 60
- Choco-Toffee Balls p. 47

See-and-Do Ideas

APPETIZERS/SNACKS
- Asparagus and Prosciutto Bundles p. 27
- Balsamic Parmesan Bread Dip p. 21
- Beer and Goat Cheese Heart Stacks p. 27
- Beef Hummus p. 35
- Charcuterie for Two p. 27
- Chocolate-Dipped Pretzels p. 47
- Chocolate-Drizzled Caramel Corn p. 27
- Glazed Over Biscotti p. 60
- Prosciutto Ribbon Mango Rolls p. 53
- Spaghetti-Meatball Bites p. 52

DRINKS
- Chocolate Coma p. 33
- Chocolate Mint Madness p. 34
- Cookie Chaos p. 35
- Cranberry-Citrus Mocktail p. 56
- Milk and Cookie Shooters p. 6
- Ombré Grapefruit Mocktail p. 56

DESSERTS
- Choc-It-Up Ice Cream Cookie Sandwiches p. 58
- Chocolate Cherry-Stuff Cakes p. 47
- Chocolate-Almond Dessert Dip p. 27
- Chocolate Berry Cubes p. 6
- Chocolate Bowls p. 6
- Chocolate-Drizzled Caramel Corn p. 42

Index

Ad Index
- Kraft Heinz Company p. 9
- Nature’s Recipe p. 68
- SC Johnson p. 71

Check out hy-vee.deals.com today and start saving!

Ziploc Snack or Sandwich Bags: select varieties 30 or 40 ct. 2/$4.00
Ziploc Slider Bags: select varieties 10 to 20 ct. 2/$2.00
Ziploc Freezer or Storage Bags: select varieties 30 to 40 ct. $4.48
Celebrate Easter with a country-style brunch, including artisan breads from the Hy-Vee Bakery. Plus, get the behind-the-scenes story of how this bread is made. We’ll also give you five-ingredient recipes for fresh, seasonal meals, tips for grilling veggies and more!
STAY WARM. SHOP ONLINE.

We’ll deliver your groceries to your home or bring them out to your car.

hy-veeaislesonline.com