

Bowl Game



Ramen Done Right

Throw out those flavor packets . . . instant noodles have nothing on this beloved traditional soup. Ramen should be savory, fresh, cozy and satisfying: a wholesome broth paired with a sturdy rice noodle, protein, fresh veggies, seasonings, and sauces. Ditch the Styrofoam cup and make your own at home.

1 quart chicken broth
1 pack Dumpling & Strand fresh ramen
Shredded chicken

Shredded carrots
Chopped scallions
2 soft-boiled eggs
Fresh cilantro
Toasted sesame oil
Tamari or soy sauce
Hot sauce

Bring broth to a simmer in a medium pot. Add ramen and cook, gently separating threads, until just tender. Divide ramen and broth into two bowls.

Season to taste with sesame oil, tamari, and hot sauce. Top with chicken, carrots, scallions, halved eggs, and cilantro.



Perfect Ramen Egg

Bring water to a boil. Add eggs. Cook for exactly 6 minutes and 30 seconds. Remove and cool with cold water. Peel and slice eggs in half for a glorious finishing touch.

Back to the Grind

MORE WAYS TO LOVE COFFEE

Coffee drinkers the world over know the REAL most important meal of the day. Holding a warm mug of your favorite joe, the mouthwatering smell and, of course, the caffeine buzz are essential parts of the daily routine.

Everyone has their favorite roast and brewing method. But did you know coffee can be repurposed and even recycled to create revved up recipes, household helpers and DIY body care? We run down some of our favorite local coffees – and amazing ways to use them.

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REVVED UP RECIPES

• **Dry Meat Rub:** Mix up this easy-to-make dry rub to add spicy, smoky and slightly sweet notes to beef, pork or poultry.

1/4 cup finely ground dark-roast coffee

1/4 cup ancho chili powder

1/4 cup brown sugar tightly packed

2 tablespoons salt

2 tablespoons smoked paprika

1 tablespoon ground cumin

• **Chili:** Add a cup of fresh-brewed coffee to your favorite chili recipe for a welcome zing of complex flavor.

• **Espresso Brownies:** Whisk a dash of finely ground espresso in with the ingredients to give your brownies an extra kick.

BODY BUZZ

• **Body Scrub:** Use leftover coffee grounds mixed with unrefined coconut oil to make a body scrub that will leave your skin tighter, brighter and ready for the day. It also makes your shower smell great.

• **Coffee Shampoo:** Wash your hair with brewed coffee once a week on dry hair for amazingly shiny locks. Coffee's acidity removes oils and buildup from hair and can also give brunettes a boost in brown shades.

• **Coffee Bar Soap:** Used coffee grounds add wonderful smells and exfoliants to a DIY soap recipe of cocoa butter, shea butter, and vanilla extract.

HOME BREWS

• **Odor control:** Make a sachet of coffee and keep it in your fridge to mask unwanted food smells.

• **Composting:** Throw the filter, grounds and all, into your compost as food for the worms doing the work in there.

• **DIY disposal care:** Run some grounds down the kitchen drain to sharpen and deodorize garbage disposal blades.

• **Winter walkways:** "Salt" your walkways with coffee grounds. The acid makes ice melt quicker, and the texture provides extra traction.

LOCAL COFFEE ALL-STARS

At Lakewinds, you'll find only the best organic, Fair Trade-certified beans that are locally roasted in and around the Twin Cities. Our amazing local and regional suppliers not only roast some mean beans, they're working to make a better world.

Peace Coffee - Minneapolis, MN

Delivering coffee all around the Twin Cities area by bicycle.

Kickapoo - Viroqua, WI

Family-owned roaster out of Wisconsin.

Just Coffee - Madison, WI

Coffee powers their campaign for global economic democracy.

Equal Exchange - St. Paul, MN

A true Fair Trade coffee bean sourced from small-scale farms around the world.

Alakef / City Girl - Duluth, MN

Sources coffee from female-run farms and gives back to support them.

Big Water Coffee Roasters - Bayfield, WI

Open since 2007, they roast 60,000 lbs of coffee each year in their Bayfield-based café.

