

Beef-a-Rama | McGregor's Blink Bonnie

In this episode of Wisconsin Foodie, host Luke Zahm immerses you in the heart of the Northwoods, starting with the lively Beef-A-Rama in Minocqua, Wisconsin, a "Northwoods Mardi Gras" featuring 31 roasters competing in categories like wood-fired, charcoal, and gas grilling, with creations ranging from Asian-inspired marinades to classic Midwest flavors. The journey continues to the legendary Blink Bonnie Supper Club in Saint Germain, Wisconsin, where sizzling steaks, buttery scallops, and crispy hash browns showcase the essence of Midwestern comfort food. Celebrate the rich traditions, bold flavors, and vibrant community spirit that make Wisconsin's culinary heritage unforgettable.

Black Garlic | Black Garlic and Blue Cheese Ice Cream

In this episode of Wisconsin Foodie, host Luke Zahm takes us to Lafarge, Wisconsin—home to North America's largest organic black garlic producer. Explore the fascinating journey of black garlic, from the Driftless Region's rich farmland to a sophisticated fermentation process that transforms raw garlic into a sweet, savory delicacy with umami-rich flavor notes. Join Luke as he meets the dedicated farmers and Amish community contributing to this unique ingredient, learns about its culinary versatility, and even crafts an inventive black garlic ice cream paired with blue cheese for an unforgettable flavor experience. Discover the deep-rooted traditions, innovation, and community spirit behind this transformative ingredient.

MKE Chef's Dinner | Sterling Farm | Alsum Farms and Produce

In this episode of Wisconsin Foodie, host Luke Zahm embarks on a flavorful journey showcasing Wisconsin-grown potatoes. At the Milwaukee Athletic Club's prestigious MKE Chef Collaboration Dinner, Luke joins local culinary legends to craft a dish that highlights the dedication of central Wisconsin farmers and the versatility of this humble ingredient. From visiting Sterling Farms to witness sustainable potato farming practices firsthand, to exploring the processing innovations at Alsum Farms, this episode is a heartfelt tribute to Wisconsin's third-largest potato industry in the U.S. Watch as Luke elevates the potato with gourmet techniques, creating a dish that celebrates local flavors, sustainability, and culinary craftsmanship.

Mullins Cheese | Knowlton House Distillery

In this episode of Wisconsin Foodie, host Luke explores the connection between dairy farming and spirits production. He visits Mullins Cheese in Knowlton, Wisconsin, to learn about the cheesemaking process and the innovative ways they utilize whey, a byproduct of cheesemaking. The episode then takes viewers to the Knowlton House Distillery, where they discover how whey is transformed into spirits like vodka and gin. This unique approach to sustainable production highlights the ingenuity and dedication of Wisconsin's dairy farmers and distillers.

The National Mustard Museum | Mustard Glazed Pulled Pork

In this episode of *Wisconsin Foodie*, host Luke Zahm heads to Middleton, Wisconsin, for the wild and wonderful National Mustard Day at the National Mustard Museum! With over 6,900 mustards from around the world, it's a mustard lover's dream come true. Luke hangs out with founder Barry Levenson, who turned his quirky passion for mustard into a global sensation, and explores everything from mustard ice cream to mustard-glazed treats. Plus, Luke cooks up a juicy pork shoulder with Gorman Thomas's famous Stormin' Gorman mustard sauce, proving that mustard is the secret ingredient you never knew you needed.

Kwik Trip Glazers | Glazer Bread Pudding

In this episode, Luke Zahm, dives into the sweet, yeasty world of Glazers—those iconic, pillow-soft donuts from Kwik Trip that have become a Midwest favorite. He visits the bustling Kwik Trip bakery production line in La Crosse, Wisconsin, meeting the passionate team behind the process. From mixing the perfect dough to the mesmerizing glaze waterfall, every step reveals the artistry and precision it takes to craft 47 million donuts a year. Back at the Owl Farm Kitchen, Luke gets creative, transforming Glazers into a decadent bread pudding using only ingredients sourced from Kwik Trip. With the rich aroma of vanilla and caramel wafting through the air, this dish is a true testament to the versatility of these beloved donuts!

Three Brothers Farm | Uncle Wolfie's Breakfast Tavern

In this episode, Luke Zahm visits Three Brothers Egg Farm in Oconomowoc, Wisconsin, to explore how a multigenerational family farm balances sustainable farming with raising their children. From collecting eggs alongside 3,000 pasture-raised, certified organic hens to discussing the farm's deep connection to the land, Mike and Courtney share their inspiring journey. Then, we follow their high-quality eggs to Uncle Wolfie's Breakfast Tavern in Milwaukee, where owners Wolfgang and Whitney explain how these exceptional ingredients elevate their dishes. Join us for a celebration of local food, family values, and the delicious impact of community farming.

Chef Shack

In this episode, Luke Zahm takes us on a culinary and cultural journey along the Mississippi River, starting with a paddle through its ever-changing waters and leading to the charming Chef Shack in Bay City, Wisconsin. Co-owners Carrie Summer and Lisa Carlson share their story of blending world-class cuisine with local ingredients, inspired by their travels and rooted in community. From food truck adventures at farmers' markets to exquisite seasonal tasting menus, Luke dives into the passion, creativity, and dedication that have made Chef Shack a celebrated destination. Join him as he explores the flavors, stories, and craftsmanship behind every bite.

