

### **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.

### **Clario Farmstead Pasta | Louie's Finer Meat**

In this episode of *Wisconsin Foodie*, host Luke Zahm embarks on a culinary journey to uncover the artistry and traditions behind Wisconsin's exceptional food culture. First, Luke visits Clario Farmstead Pasta in Sturgeon Bay, where owners Claire and Mario Micheli craft small-batch, organic pasta infused with local flavors like kale and black pepper or carrot and turmeric. Their commitment to fresh, farmstead ingredients shines through every cut and shape. Next, Luke explores the rich history of Louie's Finer Meats in Cumberland, a multi-generational destination known for over 100 varieties of award-winning bratwurst, sausages, and smoked meats. Louie shares the passion and precision that have earned international acclaim while Luke experiences the vibrant flavors firsthand. Finally, Luke brings it all together, creating a dish that embodies the heart of Wisconsin—a farm-to-table pasta dish featuring Louie's Italian sausage, local einkorn wheat pasta, and garden-fresh vegetables. This episode celebrates the hard work, heritage, and flavors that make Wisconsin a food lover's paradise.

### **Osteria Tre Tassi**

In this episode of *Wisconsin Foodie*, host Luke Zahm visits the charming Ellison Bay in Door County to meet Chef Robin Brown at his Mediterranean-inspired Osteria Tre Tassi. Chef Robin combines his Italian heritage with the best of Door County's seasonal ingredients to craft fresh, honest dishes that celebrate the farm-to-table philosophy. From making house-crafted ravioli filled with buffalo mozzarella and farm-fresh tomatoes to preparing perfectly seared whitefish caught the same morning, Chef Robin showcases how his culinary roots blend seamlessly with the local bounty. Join Luke for an inspiring journey through the flavors and traditions that define Door County's unique culinary scene.

### **Flour Girl and Flame | Alice's Garden**

In this episode of *Wisconsin Foodie*, host Luke Zahm visits West Allis to explore Flour Girl and Flame, a wood-fired pizza haven led by Chef Dana Spandet. Known for their rustic cooking style and locally sourced ingredients, the team celebrates their fourth anniversary at Alice's Garden Urban Farm, a hub of urban agriculture and community connection. Luke delves into the artistry behind their Wisconsin-inspired pizzas, including Detroit-style creations, and highlights the local farmers and producers behind their ingredients. At Alice's Garden, curated by Venus Williams, the episode also uncovers the garden's role in fostering food security, cultural preservation, and urban sanctuary. This is a story of food, community, and intentionality brought to life through delicious, wood-fired cuisine.

### **Beulah Family Homestead**

In this episode of Wisconsin Foodie, host Luke Zahm explores the inspiring story of Marcus Landry, a former Wisconsin Badger and NBA player who traded in his basketball shoes for a life on the farm. After retiring from professional basketball, Landry discovered a passion for sustainable living and established Beulah Family Homestead, a unique farm dedicated to connecting children with the land and fostering a deeper understanding of food production. The farm offers a transformative experience for young people, teaching them about animal husbandry, sustainable farming practices, and the importance of connecting with their food sources. Through hands-on activities and educational programs, children learn about the entire food production process, from planting seeds to harvesting crops to preparing meals. The episode culminates with Luke and Marcus enjoying a delicious bratwurst, a testament to the farm's dedication to producing high-quality food and fostering a deeper connection to the land.

### **Ahan**

In this episode of Wisconsin Foodie, host Luke Zahm visits Ahan, a Madison restaurant where Chef Jamie Brown-Soukaseume, inspired by her Laotian heritage and upbringing in her family's Chinese restaurants, brings a unique and flavorful culinary experience to the table. With a focus on fresh, locally sourced ingredients and a passion for authentic flavors, Chef Jamie creates dishes that are both familiar and exciting. From the vibrant papaya salad to the aromatic lemongrass chicken, each dish tells a story of Jamie's journey and her commitment to bringing the tastes of Southeast Asia to Wisconsin. Luke joins Chef Jamie for a delicious meal, savoring the flavors of Laos and experiencing firsthand the artistry and passion that define Ahan's cuisine.