

DATE: JUNE 1, 2020 | OMNIVORE

HOORAY, IT'S MONDAY!

Early summer eating at its finest, Friends! Each week we are watching how the rain and sun balance and checking with our farmers to hear how things are in the fields. We are making plans for planting more veggie goodness to harvest later in the summer and Fall just for your table. Any favorites? Let us know!

roasted salmon
with asparagus
and lemon risotto

**Swiss chard, leek, herb
and ricotta tart**

caldo verde with chorizo
(Portuguese green soup)

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:

Bering Bounty
Elderberry Hill Farm
Winterfell Acres
Vitruvian Farms
Sartori Cheese
Jones Dairy Farm

EXTRA GOODNESS

**peanut butter
cookie dough**

preheat oven to 350°F. Flatten thawed dough into discs. Bake for 10-12 minutes, until golden brown.

Ingredients: Peanut butter, brown sugar, rice flour, buckwheat flour, water, vanilla extract, baking powder, and salt.

Contains: Nuts, wheat.

① THE COOK KIT

roasted salmon

with asparagus and lemon risotto

PREP &
COOK TIME

30

MINUTES

IN YOUR BAG

Salmon

Asparagus

Risotto

Roasted Shallot

Tarragon

Compound Butter

PAIR WITH

a light beer or
wine, such as

Goodcity Brewing

Good City Pils

or

Desperada

Fragment

Sauvignon Blanc.

- 1 Preheat oven to 400°F.
- 2 To cook the salmon, pre-heat the frying pan with a layer of olive oil; when the pan is hot enough, the oil will begin to shimmer. Place salmon in hot pan, skin-side down & do not flip. Cover with lid and cook, about 12-15 minutes, or until the salmon begins to "crack" at the edges; remove from heat. Be sure fish is cooked through thoroughly to 145 degrees F. If you're not sure the salmon is cooked, or think it is almost ready, take it off the heat to prevent over-cooking.
- 3 Snap woody ends off asparagus stalks. Toss in olive oil, salt and pepper, place on baking sheet.
- 4 Roast asparagus in oven while salmon is cooking, 8-10 minutes.
- 5 Gently reheat risotto with up to 1/2 cup of water, stirring often until warm, bubbly and starting to get sticky.
- 6 Divide risotto onto plates, top with asparagus, then salmon.
- 7 Lastly place compound butter onto hot salmon, let melt slightly and enjoy.

Compound Butter: Unsalted butter, shallot, garlic, tarragon, lemon, salt, pepper **Lemon Risotto:** Arborio rice, vegetable stock, onion, butter, olive oil, lemon, salt, pepper. **Asparagus. Salmon.**

Contains: Milk.

② READY-TO-EAT

Swiss chard, leek, herb and ricotta tart

with greens
and citrus vinaigrette

Preheat oven to 375°F.

Bake tart in the preheated oven until warmed through, 15-25 minutes.

Shake vinaigrette; toss with greens to serve alongside tart.

Vegetable Tart: AP flour, butter, water, salt, Swiss chard, yellow onion, celery, spinach, spring garlic, asparagus, olive oil, garlic, leeks, chili flakes, salt, pepper, ricotta cheese, sarvecchio cheese, thyme, parsley, rosemary, lemon, eggs.

Citrus Vinaigrette: Citrus, Dijon mustard, shallot, olive oil, salt, pepper.

Greens.

Contains Wheat, milk.

③ FARM-TO-FREEZER

Caldo Verde with chorizo and Parker House rolls

See label for reheating instructions
and ingredients

GET IN TOUCH

2433 University Avenue

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M 3:30pm-7:30pm T-F 11am-7pm

SAT 9am-1pm