

PASTURE AND PLENTY

DATE: AUGUST 17, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

It's not summer without summer corn. And once you try this classic Mexican preparation, we think you'll agree it's one of the best ways to serve corn, hands down. We're also enjoying our glut of farm-fresh veggies in a great minestrone. It's summer in a soup! And don't forget the Peanut curry! Based on traditional West African peanut stews, it's warming and addictive.



elote (street corn) kit
with Mexican chopped salad and citrus
cilantro vinaigrette



**summer vegetable
minestrone**
with black-eyed peas



eggplant and peanut curry
West African-inspired stew with
steamed rice



PRODUCER SPOTLIGHT

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

Lutz Family Farm
Elderberry Hill Farm
Vitruvian Farms
Winterfell Acres
Arndt Farms
Sartori Cheese
Madison Sourdough Co.

EXTRA GOODNESS

puppy chow snack mix

Ingredients: Rice krispies (rice, sugar, salt, malt flavor), chocolate, peanut butter, dried cherry, roast peanut, popcorn, maple syrup, coconut oil, vanilla, salt.

Contains: Nuts.

WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

elote (street corn) kit

with Mexican chopped salad and citrus cilantro vinaigrette

PREP &
COOK TIME

40

MINUTES

IN YOUR BAG

Queso Fresco and
Chile Powder

Corn

Smoked Jalapeño
Aioli

Citrus Cilantro
Vinaigrette

Mexican Chopped
Salad

Tortilla Strips

PAIR WITH

a fruity red, like El Jefe Tempranillo, or a light lager, such as the Good City Pils from Good City Brewing Co.

- 1 If grilling, preheat grill for high heat. While preheating, shuck corn cobs being careful to remove silk. Grill corn, turning often, until cooked and kernels are slightly charred. About 10 minutes.
- 2 If roasting, preheat oven to 400°F. Place unshucked corn directly on oven rack and roast til tender and sweet, 30-40 minutes.
- 3 While corn is grilling or roasting, place contents of chopped salad in a large bowl, toss with the citrus cilantro vinaigrette and divide onto plate. Top with tortilla strips.
- 4 When corn is cooked, remove from grill or oven and allow to cool slightly. Carefully peel back husks from the oven-roasted corn to form a handle. Slather grilled or roasted corn with aioli and sprinkle with queso fresco. Enjoy with chopped salad.

Queso Fresco and Chile Powder: Milk, salt, enzymes, dried guajillo chiles.

Corn

Smoked Jalapeño Vinaigrette: Sunflower oil, egg, Dijon mustard, red wine vinegar, milk, jalapeño, garlic, lime, cilantro, salt, pepper.

Citrus Cilantro Vinaigrette: Sunflower oil, orange, lime, lemon, Dijon mustard, honey, garlic, cilantro, cumin, salt, pepper.

Mexican Chopped Salad: Cabbage, black bean, cucumber, red onion, kohlrabi, bell pepper, tomato, scallion.

Tortilla Strips: Corn, water, lime, sodium propionate, phosphoric acid, corn flour, canola oil, dry spices, salt, pepper.

Contains: Milk, egg, honey.

② READY-TO-EAT

summer vegetable minestrone

with black-eyed peas

Warm soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes. Alternately, heat in microwave on Medium High, stirring occasionally, about 4 minutes.

Ladle soup into bowls and, while hot, top with sarvecchio and croutons. Enjoy!

Summer Vegetable Minestrone with Black-Eyed Peas: Vegetable stock, black-eyed pea, onion, carrot, celery, leek, fennel, pasta (wheat, vitamin b2, b3, b1, iron, folic acid), squash, zucchini, corn, tomato, red wine vinegar, herbs, dry spices, salt, pepper.

Sarvecchio: Pasteurized cow's milk, cheese cultures, salt, enzymes.

Croutons: Flour, water, yeast, olive oil, salt, pepper.

Contains: Wheat, milk.

③ FARM-TO-FREEZER

eggplant and peanut curry

West African-inspired stew with steamed rice

See label for reheating instructions and ingredients



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, weeknight dinner, Friday fish fry, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue
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M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-1pm