

PASTURE AND PLENTY

DATE: AUGUST 31, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

Cooler weather is moving in and we're rubbing our hands with glee. Get excited to bake off your rustic late-summer tart, chock-full of veggies. Heat up that heirloom tomato soup, made with sweet, ripe tomatoes cooked down slowly in our kitchen. And bust out that Tikka Masala on a night when warming spices sound right. Tarts and soups and rich curries are just what we've been craving. We hope you agree!



pesto ricotta tart
with cherry tomatoes, delicata squash,
kale and smoked mushrooms



gouda grilled cheese
with whipped herb butter and
heirloom tomato basil soup



tofu tikka masala
with brown rice and roasted
cauliflower, thumbelina carrots and
shishito peppers



PRODUCER SPOTLIGHT

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

Vitruvian Farms
Raleigh's Hillside Farm
Elderbery Hill Farm
Winterfell Acres
Neuske's
Sartori Cheese
Sassy Cow
Madison Sourdough Co.

EXTRA GOODNESS

door county cherry lemon pound cake

Ingredients: Cake (ap flour, whole wheat flour, butter, sugar, door county cherries, sugar, egg, lemon, baking soda, salt), syrup (water, sugar, lemon juice), glaze (powdered sugar, cherry juice).

Contains: Milk, wheat, egg, stonefruit.

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

pesto ricotta tart

with cherry tomatoes, delicata squash, kale and smoked mushrooms

PREP &
COOK TIME

45

MINUTES

IN YOUR BAG

Tart Dough

Herbed Ricotta

Pesto

Cherry Tomatoes

Purple Kale

Delicata Squash
and Smoked
Mushrooms

PAIR WITH

Pair with a brightly acidic white, like the Terra Alpina Pinot Bianco, or try with a dry and effervescent cider, such as Tremlett's from The Cider Farm

- 1 Preheat oven to 350°F. Make sure your rack is in the center of the oven.
- 2 On a floured surface, roll out the dough to about 1/8 inch thickness. Galettes are free form tarts, you are going for a rectangular-ish shape. Move the dough as you work, to keep it from sticking, and dust your pin with flour if the dough gets sticky. Move dough onto a baking sheet. Place in fridge, if you have space, to keep it cool.
- 3 Wash and cut cherry tomatoes in half; remove kale leaves from the stem, rip into bite-sized pieces and toss with a splash of olive oil.
- 4 Place the tomatoes, squash, mushrooms, and kale on the prepared dough, leaving a 3/4-inch at the outer edge of the dough. Fold the dough up over the toppings around the edge of the tart.
- 5 Place your tart in the preheated oven. Bake for 15 minutes, then rotate the pan. Continue to bake until the veggies are tender and the crust is a deep, golden brown, about 15 more minutes.
- 6 Remove tart from oven and let cool for 5 minutes, then top with ricotta and pesto. Cut and enjoy!

Tart Dough: Ap flour, butter, salt, water.

Herbed Ricotta: Whole milk, heavy cream, buttermilk, salt, thyme, parsley, chive, lemon.

Pesto: Sunflower oil, olive oil, arugula, pepita, sarvecchio (milk, cheese cultures, salt, enzymes), basil, garlic, red wine vinegar, red chile flake, salt.

Cherry Tomatoes

Purple Kale

Delicata Squash and Smoked Mushrooms

② READY-TO-EAT

gouda grilled cheese

with whipped herb butter and heirloom tomato basil soup

Heat soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes. Alternately, heat in microwave on Medium High, stirring every minute, 2-4 minutes.

Heat a skillet over medium heat. Smear herbed butter on both sides of sandwich; place sandwich in skillet and toast until bread is golden and cheese is melted, turning once, about 3 minutes per side.

Cut sandwich in half; divide soup into individual bowls, and dinner is on!

Grilled Cheese: Madison Sourdough bread (ap flour, water, salt), gouda (milk, salt, enzymes, annatto coloring), muenster cheese (milk, salt, enzymes, calcium chloride, annatto coloring).

Whipped Herb Butter: Heavy cream, parsley, thyme, rosemary, garlic, salt, pepper.

Heirloom Tomato Basil Soup: Heirloom Tomato, sweet onion, celery, carrot, garlic, white wine, olive oil, basil, spices, salt, pepper.

Contains: Wheat, milk.

③ FARM-TO-FREEZER

tofu tikka masala

with brown rice and roasted cauliflower, thumbelina carrots and shishito peppers

See label for ingredients and instructions..



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
608.665.3770 • pastureandplenty.com

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