

PASTURE AND PLENTY

DATE: SEPTEMBER 21, 2020 | OMNIVORE

HOORAY, IT'S MONDAY!

With the change in weather, we're reaching for comfort. And our recipes this week are all tried and true favorites. Earthy root vegetable farro salad. Chunky tomato chowder with crunchy croutons. And P&P's house mac and cheese. They've been on our menus for years for a good reason: they all feel like a warm hug when you're eating them. Sit back, enjoy, and feel the love. Happy eating!

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roasted beet and root vegetable farro salad
with house-made ricotta and citrus vinaigrette

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salmon tomato chowder
with lemon dill crème fraîche and MSCo croutons

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P&P mac and cheese
with roasted vegetables and bacon



PRODUCER SPOTLIGHT

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

Elderbery Hill Farm
Vitruvian Farms
Winterfell Acres
Madison Sourdough Co.
Raleigh's Hillside Farm
Enos Farm
Sitka Salmon Shares
Marr's Valley View Farm
Meadowlark Organics
Sassy Cow Creamery

EXTRA GOODNESS fruit & nut granola bars

Ingredients: Oat, rice krispies (rice, sugar, salt, malt flavor), brown rice syrup, maple syrup, coconut oil, vanilla, pecan, pepita, almond, dried cherry, dried cranberry.

Contains: Nuts, coconut, 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

roasted beet and root vegetable farro salad with house-made ricotta and citrus vinaigrette

PREP &
COOK TIME

25
MINUTES

IN YOUR BAG

Roasted Beets

Citrus Vinaigrette

Kale

House-made

Ricotta

Farro

Pepitas

Root Vegetables

Pair this earthy salad with a vibrantly acidic white, like the Terra Alpina Pinot Bianco. Or, play off the salad's citrus notes with a witbier, like the Wheatwine from Giant Jones.

- 1 Preheat oven to 400°F. Toss root vegetables with olive oil, salt and pepper, spread on a sheet tray and roast in the oven until tender, for 15-20 minutes.
- 2 Strip kale from stem and rip into bite sized pieces. Toss kale, farro, beets and root vegetables with the vinaigrette, salt and pepper.
- 3 Spread half the ricotta on a serving plate; place dressed salad on top. Then dollop remaining ricotta on salad and sprinkle pepitas on top. Enjoy!

Roasted Beets: Beet, red wine vinegar, chile de arbol, bay leaf, salt, star anise.

Citrus Vinaigrette: Sunflower oil, orange, lemon, lime, Dijon mustard, white wine vinegar, salt, pepper.

Kale

House-made Ricotta: Milk, heavy cream, buttermilk, salt, herbs.

Farro: Farro, water, salt, thyme, rosemary, parsley, pepper.

Pepitas: Pepita, olive oil, spices, salt, pepper.

Root Vegetables

Contains: Wheat, milk.

② READY-TO-EAT

salmon tomato chowder with lemon dill crème fraîche and MSCo croutons

Warm chowder over medium heat in a saucepan, stirring occasionally, just until it begins to steam, about 5 minutes. Alternately, heat chowder in the microwave on Medium High, stirring every minute, for about 4 minutes.

Portion hot soup into bowls, top with creme fraiche and croutons. Enjoy!

Salmon Tomato Chowder: Vegetable stock, salmon, tomato, heavy cream, onion, celery, carrot, leek, fennel, potato, herbs, spices.

Lemon Dill Crème Fraîche: Cream, buttermilk, dill, lemon, salt.

MSCo Croutons: Flour, water, salt, olive oil, garlic, pepper.

Contains: Milk, wheat, fish.

③ FARM-TO-FREEZER

P&P house mac and cheese with roasted vegetables and bacon

See label for ingredients and reheating 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
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M 3:30pm-7:30pm **T-F** 11am-7pm
SAT 9am-1pm