

PASTURE AND PLENTY

DATE: OCTOBER 5, 2020 | OMNIVORE

HOORAY, IT'S MONDAY!

Brrr. October is here and so are crisp temps. Fire up the grill, grab a hot cider, and step outside to enjoy the fresh air. Nothing beats a good burger and fall bevvie on these blustery days. Except maybe rich, creamy polenta with hearty Ratatouille. Or warming Indian curries. Life (and food) is looking good this week! And hopefully our menu will help keep you warm.



PRODUCER SPOTLIGHT

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

Elderberry Hill Farm

Vitruvian Farms

Winterfell Acres

Raleigh's Hillside Farm

Arndt Farms

Marr's Valley View Farm

Madison Sourdough Co.



beef muenster burgers with animal sauce, onion jam, arugula and glazed turnips

ratatouille with polenta

pork vindaloo over brown rice

EXTRA GOODNESS coconut macaroons

Instructions: Melt chocolate chips in microwave for 20 second intervals, stirring after each time, until chocolate is melted and smooth. Drizzle on top of macaroons.

Ingredients: Coconut, chia seed, granulated sugar, vanilla extract, egg white, salt. Chocolate Chips.

Contains: Egg, coconut.

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

beef muenster burgers with animal sauce, onion jam, arugula and glazed turnips

PREP &
COOK TIME

25
MINUTES

IN YOUR BAG

Burger Mix

Red Onion Jam

Animal Sauce

Brioche Bun

Arugula

Turnips

Turnip Glaze

Pair with the spicy
and darkly fruity
Field Recordings
Fiction Zinfandel
blend or the crisp
and dry West
Coast-style Near
East IPA from
Working Draft
Beer Co.

- 1 Preheat oven or grill to 400°F. Divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner -- it will cook more evenly.
- 2 Give the turnips a wash then peel if desired and cut into bite sized pieces. Toss turnips in glaze and place in a single layer on sheet pan or in a foil pack. Roast in oven or on the grill for 30 minutes, turning halfway through the cook time.
- 3 If working inside, heat a small amount of olive oil or butter in a skillet over medium high heat. Place burgers in skillet or on the grill and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160°F, or until done to your taste.*
- 4 Toast bun or warm for a few seconds in microwave. Spread onion jam on bottom bun, top with burger, arugula, animal sauce, and top bun. Serve turnips alongside burger. Enjoy!

Burger Mix: Beef, spices, muenster cheese.

Red Onion Jam: Olive oil, red onion, red wine, brown sugar, thyme, balsamic vinegar, salt, pepper.

Animal Sauce: Shallot, mayonnaise, mustard, garlic, caper, ketchup, spices.

Brioche Bun: AP flour, butter, sugar, egg, milk powder, yeast, salt.

Arugula

Turnips

Turnip Glaze: Maple syrup, honey, cider vinegar, water, salt, sugar, pepper.

Contains: Wheat, dairy, egg, honey.

*Consuming raw or undercooked burgers may increase your risk of foodborne illness.

(2) READY-TO-EAT

ratatouille with polenta

Warm ratatouille with 1/4-1/2 cup water in a saucepan over medium heat until hot, stirring occasionally, 6-10 minutes. Alternately, microwave ratatouille with a splash of water on Medium High until hot, 3-6 minutes, stirring occasionally.

Warm polenta with 2 tablespoons to 1/4 cup water in a small saucepan over medium heat, stirring often, until hot, 4-7 minutes. Alternately, microwave polenta with a small amount of water on Medium High until hot, 2-5 minutes, stirring occasionally.

Portion polenta onto plate and top with ratatouille. Enjoy!

Ratatouille: Tomato, summer squash, eggplant, yellow onion, green bell pepper, red bell pepper, garlic, olive oil, herbs, salt, pepper.

Polenta: Cornmeal, whole milk, cream, vegetable stock, sarvecchio (milk, cheese cultures, salt, enzymes), salt, pepper.

(3) FARM-TO-FREEZER

pork vindaloo over brown rice

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