

# PASTURE AND PLENTY

DATE: OCTOBER 5, 2020 | VEGETARIAN

## 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:*

Elderbery Hill Farm

Vitruvian Farms

Winterfell Acres

Raleigh's Hillside Farm

Arndt Farms

Marr's Valley View Farm

Madison Sourdough Co.



**walnut black bean burgers**  
with animal sauce, onion jam, arugula  
and glazed turnips



**ratatouille** with polenta



**chana masala** 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

walnut black bean 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 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:** Black bean, onion, poblano pepper, garlic, chipotle, walnut, queso fresco, mayonnaise, egg, panko.

**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.*

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 (mik, cheese cultures, salt, enzymes), salt, pepper.

③ FARM-TO-FREEZER

chana masala 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