

PASTURE AND PLENTY

DATE: OCTOBER 19, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

Cozy comfort food = our theme for the week (and maybe all of 2020). Squash-laden homemade pizzas with whipped goat cheese. Herby and creamy bean soup with noodles. And Shepherd's Pie (with no description needed). We're here for you in these crazy times and as the weather cools. Sit back, breathe deep the delicious aromas from this week's menu, and relax. You've got this!



butternut squash pizza kit with smoked oyster mushrooms



cilantro-dill bean and noodle soup with honey labneh and spiced pepitas



vegetable shepherd's pie



PRODUCER SPOTLIGHT

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

Enos Farms
Pinn-Oak Ridge Farm
Arndt Farms
Raleigh's Hillside Farm
Elderbery Hill Farm
Vitruvian Farms
Winterfell Acres
Marr's Valley View Farm

EXTRA GOODNESS

butterscotch budino with salted caramel sauce

Instructions: Heat caramel sauce for 15 to 30 seconds in the microwave. Drizzle on top of budino.

Ingredients: Butterscotch budino (heavy cream, egg, brown sugar, cornstarch, rum, water, butter, salt), salted caramel sauce (sugar, cream, vanilla, salt).

Contains: Dairy, egg.

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

butternut squash pizza kit

with smoked oyster mushrooms

PREP &
COOK TIME

40

MINUTES

IN YOUR BAG

Butternut Squash
and Smoked
Mushrooms

Pizza Dough

Whipped Goat
Cheese

Pickled Red Onion

Sarvecchio

Lacinato Kale

Pair with the
fresh and intense
Salcheto "Biskero"
Chianti or the dry
and hoppy Italian
Pils from Working
Draft Beer Co.

- 1 Remove dough from refrigerator and allow to temper on the counter for 15 min.
- 2 Preheat oven to 425°F.
- 3 Spray a baking sheet with nonstick spray. On the baking sheet, roll and stretch pizza dough until thin with slightly thicker edges. Brush or smear the top of the dough with olive oil.
- 4 Scatter butternut squash, mushrooms, pickled onions, and kale evenly over crust; drop whipped goat cheese by spoonfuls on top. Finally, sprinkle on the sarvecchio.
- 5 Bake pizza in the preheated oven until crust is golden brown and cheeses are melted, 12 to 20 minutes.
- 6 Remove from oven; slice with a large knife or pizza cutter. Dig in!

Butternut Squash and Smoked Mushrooms: Butternut squash, smoked oyster mushrooms, olive oil, salt, pepper.

Pizza Dough: Bread flour, 00 flour, water, yeast, salt.

Whipped Goat Cheese: Goat cheese (goat milk, cheese cultures, salt), olive oil, salt, pepper, chive.

Pickled Red Onion: Red onion, vinegar, water, sugar, salt, star anise, juniper berry, bay leaf, chile de arbol.

Sarvecchio: Milk, cheese cultures, salt, enzymes.

Lacinato Kale

Contains: Wheat, dairy..

② READY-TO-EAT

dill-cilantro bean and noodle soup with honey labneh and spiced pepitas

Reheat soup over medium heat, stirring regularly, until heated through, 6 to 8 minutes. Or microwave on Medium High 3 to 6 minutes, stirring occasionally.

Portion soup into bowls, garnish with pepitas and a dollop of labneh. Enjoy!

Cilantro-Dill Bean and Noodle Soup:

Vegetable stock, garbanzo bean, kidney bean, red lentil, onion, celery, linguini (semolina wheat, durum wheat, vitamins, minerals), garlic, turmeric, cilantro, dill, red wine vinegar, salt, pepper.

Honey Labneh: Greek yogurt (milk, cream, whey protein concentrate, milk protein concentrate, yogurt cultures), honey, salt, pepper.

Spiced Pepitas: Pepita, turmeric, curry powder, cardamom, mustard, salt, pepper.

③ FARM-TO-FREEZER

vegetable shepherd's pie

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