

PASTURE AND PLENTY

DATE: DECEMBER 7, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

Howdy, there, meal kit fam. We're enjoying this temperate weather and loving December so far. And we can't wait to share this week's menu with you! Gently spicy gumbo and rice, nutty, toasted farro salad with our creamy house-made ricotta, and a harvest-themed squash risotto, rich with red beans. Life, and food, is looking good. Tag us in photos of your meals, we always love to see our food in your kitchens! #pastureandplenty



toasted farro and roasted root vegetable salad with harissa vinaigrette and house-made ricotta



gumbo with black-eyed peas and spicy cauliflower



squash risotto with red beans, apple and sage



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

Winterfell Acres

Sartori Cheese

Alsum's Farms and Produce

Meadowlark Organics

Sassy Cow

EXTRA GOODNESS

red velvet cupcakes with cream cheese frosting

Instructions: Set frosting out and let come to room temperature or warm in microwave at 10 second intervals until spreadable. Frost away and enjoy!

Ingredients: Cupcake (ap flour, cocoa powder, butter, brown sugar, eggs, buttermilk, vanilla, baking powder, baking soda, salt, red food coloring), frosting (cream cheese, butter, powdered sugar, vanilla).

Contains: Dairy, wheat, egg, chocolate.

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

toasted farro and roasted root vegetable salad with harissa vinaigrette and house-made ricotta

PREP &
COOK TIME

25
MINUTES

IN YOUR BAG

- Toasted Farro
- Root Vegetables
- Harissa Vinaigrette
- Kale

Herbed Ricotta

Spiced Pepitas

Pair with an aromatic and acidic white, such as Gros Ventre's High Country White 2018, or a light and crisp lager, like the Wisconsinite Weiss Beer from Lakefront Brewing Co.

- 1 Preheat oven to 375°F. Give root vegetables a quick rinse. Peel if desired, then cut into bite-sized pieces. Toss veggies with a splash of olive oil; spread vegetables on baking sheet.
- 2 Roast vegetables in preheated oven until tender and beginning to brown, 15 to 20 minutes. While vegetables cook, take kale off of stem and tear leaves into bite-sized pieces.
- 3 Meanwhile, heat a teaspoon of olive oil in a skillet over medium heat; stir in farro, and cook and stir until hot, about 5 minutes. Alternately, heat farro in microwave on high, until hot, stirring often, 1 to 3 minutes.
- 4 Divide farro onto individual plates. In a bowl, toss vegetables with kale and harissa vinaigrette; divide over farro. Spoon ricotta on top, and sprinkle with pepitas. Enjoy!

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

Root Vegetables

Harissa Vinaigrette: Sunflower oil, red wine vinegar, dijon mustard, ancho chile, guajillo chile, chile de arbol, kashimiri chile, coriander, salt, pepper.

Kale

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

Spiced Pepitas: Pepitas, spices, salt.

Contains: Wheat, dairy.

② READY-TO-EAT

gumbo with black-eyed peas and spicy cauliflower

Reheat gumbo in a saucepan over medium heat, adding a 1/2 cup of water to the gumbo; it will be thick. Stir often to prevent scorching.

While gumbo is warming reheat rice in microwave. Heat for 30 second bursts until hot, stirring in between microwave cycles to ensure even heating.

Ladle gumbo into bowls and mound rice in the center of gumbo. Enjoy!

Gumbo: Vegetable stock, black-eyed pea, onion, celery, green bell pepper, cauliflower, ap flour, butter, garlic, cayenne, pepper, bay leaf, thyme, filé powder, salt.

Rice with Corn: Converted rice, corn, scallion, salt.

Contains: Dairy, wheat.

③ FARM-TO-FREEZER

squash risotto with red beans, apple and sage

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
608.665.3770 • pastureandplenty.com

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