

PASTURE AND PLENTY

DATE: DECEMBER 21, 2020 | OMNIVORE

HOORAY, IT'S MONDAY!

It's Christmas week, meal kit friends! With a million and one things left to bake, wrap, and do, we're excited for an easy cooking week. Aren't you? And with some healthy fare, hello seared salmon, mixed with comfort food faves like grilled cheese and tetrazzini, we hope we hit a mix that will start your big week off right. Have a safe, healthy and merry week, in every way. Happy Holidays from all of us to all of you!



seared salmon
with wild rice, butternut squash and pickled apple salad



roasted fennel tomato soup
with Silver Lewis meunster and Kindred Creamery smoked gouda grilled cheese



tetrazzini
with chicken, mushrooms, kale and peas



PRODUCER SPOTLIGHT

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

Bering Bounty
Elderberry Hill Farm
Enos Farms
5th Season Co-op
Kindred Creamery
Silver Lewis Cheese
Madison Sourdough Co.

EXTRA GOODNESS

Swedish almond cake

Store at room temperature and enjoy within a week.

Ingredients: AP flour, sugar, egg, butter, almonds, baking soda, baking powder, almond extract, lemon zest, salt.

Contains: Dairy, wheat, egg, tree nuts.

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

seared salmon with wild rice, butternut squash and pickled apple salad

PREP & COOK TIME

20
MINUTES

IN YOUR BAG

Bering Bounty Coho Salmon (keep frozen)

Wild Rice Salad

Pickled Apples

Orange Balsamic Vinaigrette

Kale

Pair with a silky and subtle red, such as Folk Machine's 2019 Pinot Noir, or a crisp pilsner, like the Italian Pils from Working Draft Brewing Co.

- 1 Cook the salmon from frozen. Heat an oven-safe heavy skillet over high heat. Season the salmon with salt and pepper and add a splash of oil to the skillet. When the oil begins to shimmer, place salmon in the pan, skin-side down. Cover with lid and cook, about 12 to 15 minutes, or until the salmon begins to "crack" at the edges. Remove from heat.
- 2 While salmon is cooking, strip kale from stem and tear into bite-sized pieces.
- 3 Toss wild rice salad, kale and orange balsamic vinaigrette together in a large bowl and divide evenly onto plates. Top with pickled apples and then cooked salmon. Enjoy!

Bering Bounty Coho Salmon

Wild Rice Salad: Wild rice, brussels sprout, butternut squash, cranberry, olive oil, bay leaf, chile de arbol, salt, pepper.

Pickled Apples: Apple, white vinegar, sugar, salt, bay leaf, chile de arbol.

Orange Balsamic Vinaigrette: Sunflower oil, orange, balsamic vinegar, dijon mustard, salt, pepper.

Kale

Contains: Fish.

② READY-TO-EAT

roasted fennel tomato soup with Silver Lewis meunster and Kindred Creamery smoked gouda grilled cheese

Heat soup in saucepan over medium heat, stirring occasionally, until hot, about 6 minutes.

Smear herbed butter on both sides of sandwich. Heat a skillet over medium heat; place sandwich in skillet and toast until bread is golden and cheese is melted, turning once, about 3 minutes per side.

Cut sandwich in half and plate; pour soup into bowl, and dinner is on!

Roasted Fennel Tomato Soup: Tomato, vegetable stock, onion, fennel, carrot, celery, red wine, red wine vinegar, salt, pepper.

Grilled Cheese: MSCo rosemary sourdough (wheat, water, rosemary, salt), Silver Lewis muenster (milk, cheese cultures, salt, enzymes, annato), Kindred Creamery gouda (milk, cheese culture, salt, enzymes).

Compound Butter: Butter, garlic, chive, thyme, rosemary, parsley, salt, pepper.

Contains: Wheat, dairy.

③ FARM-TO-FREEZER

tetrazzini with chicken, mushrooms, kale and peas

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