

PASTURE AND PLENTY

DATE: JANUARY 4, 2021 | OMNIVORE

HOORAY, IT'S MONDAY!

And what a welcome Monday it is, Meal Kit friends! So long, 2020, we're starting a bright, new year. To get us off to a good, and lucky, start, we have a healthy and warming Black-Eyed Pea Soup (plus, cornbread.... yum). A hearty polenta dinner will warm you up from the inside out, giving the New Year a warm glow. And the boldy spiced Tikka Masala, with dreams of far-off travel, should do the same. Here's to a great year together, ya'll!

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pan-seared pork chop
with roasted Brussels sprouts, parmesan
polenta and cranberry mostarda

.....



black-eyed pea soup
and cornbread kit

.....



chicken tikka masala
over brown rice



PRODUCER SPOTLIGHT

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

Enos Farms
Marr's Valley View Farm
Elderberry Hill Farm
Sartori Cheese
Sassy Cow Creamery
Tina's Flock
Meadowlark Organics

EXTRA GOODNESS

orange spelt cake

Store, wrapped, on counter.. Enjoy within 5 days.

Ingredients: Wholegrain spelt flour, ap flour, orange zest and juice, butter, sugar, egg, heavy cream, baking powder, salt.

Contains: Wheat, 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

pan-seared pork chop with roasted Brussels sprouts, parmesan polenta and cranberry mostarda

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Pork Chop

Brussels Sprouts

Parmesan Polenta

Cranberry
Mostarda

Pair with rich and
fruity Municipal
Good Job Bright
Red Blend or the
hoppy Pseudo
Sue Pale Ale from
Toppling Goliath
Brewing Co.

- 1 Preheat oven to 375°F. Trim ends and any rough outer leaves from Brussels sprouts; slice them in half. Spread sprouts in a single layer on a baking tray; season with a small amount of olive oil, salt, and pepper. Roast sprouts in the preheated oven until tender, about 30 minutes.
- 2 Meanwhile, season pork chops with salt and pepper. Heat a heavy bottomed skillet over medium heat until hot. Add a tablespoon or so of oil and, once oil is rippling, sear pork chops in preheated skillet, turning occasionally, until no longer pink at the center, about 8 to 12 minutes. The chop should read 145°F with an instant-read thermometer inserted near the center.* Rest, covered, for a few minutes before serving.
- 3 Warm creamy polenta in a saucepan over medium heat, adding a little water or milk and stirring occasionally until hot, about 8 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave on Medium High until hot, 3 to 8 minutes; stir halfway through heating time, and add in a small amount of water or milk if needed.
- 4 Divide polenta onto individual serving plates, top with pork chop and cranberry mostarda; serve Brussels sprouts on the side. Enjoy!

Pork Chop

Brussels Sprouts

Parmesan Polenta: Polenta, vegetable stock, whole milk, sarvecchio (milk, cheese cultures, salt, enzymes), spices, red wine vinegar, salt, pepper.

Cranberry Mostarda: Cranberry, red wine, sugar, water, mustard seed, dijon mustard.

Contains: Pork, dairy.

**Consuming undercooked pork may increase your risk of foodborne illness.*

② READY-TO-EAT

black-eyed pea soup and cornbread kit

Place cast iron skillet on the center rack of cold oven. Or, for corn muffins, grease 6 muffin cups. Preheat oven to 400°F.

Whisk dry and wet mixes together until batter is smooth.

Carefully remove skillet from the oven. Grease the bottom and edges, then pour batter into hot pan. Bake until edges are golden brown and toothpick comes out clean, 12-16 min. For muffins, fill cups 1/2 full. Bake until edges are golden brown and a toothpick comes out clean, 15-20 min.

While cornbread bakes, heat soup in saucepan over medium heat, stirring occasionally, until hot, about 6 min.

Black-eyed Pea Soup: Vegetable stock, black-eyed pea, onion, celery, carrot, kale, tomato, red wine vinegar, thyme, rosemary, lemon, red chile flake, lemon, salt, pepper.

Cornbread Ingredients: Dry (ap flour, cornmeal, sugar, baking powder, salt), wet (egg, milk, vegetable oil).

Contains: Dairy, wheat, egg.

③ FARM-TO-FREEZER

chicken tikka 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