

PASTURE AND PLENTY

DATE: JANUARY 25, 2021 | OMNIVORE

HOORAY, IT'S MONDAY!

It's going to be a cold one, this week, ya'll. And what better way to warm up than a few cozy favorites and a bright punch of heat? Shepherd's Pie, an oldie but goodie, is making a reappearance, and we plan to savor each decadent, rich mouthful. And, what's cozier than a liesurely breakfast at night, with a savory, and sweet blend? Not much. unless it's the spicy kick of Jerk flavours -- always a great winter warmer, heating from the inside out. Dig in!



jerk chicken
with coconut ginger rice, Caribbean black beans and shredded root vegetable salad



French toast casserole
with whipped maple butter and butternut squash hash



shepherd's pie
with beef and lamb



PRODUCER SPOTLIGHT

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

Driftless Organics

Madison Sourdough Co.

Sassy Cow Creamery

Fifth Season Co-op

Arndt Farms

Tina's Flock

Blue Violet Jams and Jellies

EXTRA GOODNESS

grapefruit pavlova

Store in the refrigerator. Enjoy within 5 days.

Ingredients: Egg white, sugar, Blue Violet grapefruit jelly, heavy cream, grapefruit juice, grapefruit zest, 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

jerk chicken

with coconut ginger rice, Caribbean black beans and shredded root vegetable salad

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Chicken Thighs

Jerk Marinade

Coconut Ginger
Rice

Caribbean Black
Beans

Shredded Root
Vegetable Salad

To match the flavorful jerk seasoning, pair with the rich, tropical "greenness" of Groundworks' Grenache Blanc or the crisp, bitterness of Toppling Goliath's Pseudo Sue Pale Ale

- 1 The night before cooking, combine chicken and marinade, toss to coat and refrigerate overnight (ideally). If overnight won't work, chicken can be marinated for a minimum of two hours.
- 2 Before cooking, preheat the oven to 400°F. Remove chicken from marinade and place on a parchment lined sheet pan. Roast chicken in preheated oven until no more pink remains near the bone, about 35 minutes or until a thermometer reaches an internal temperature of 165°F. If desired, broil for the last 2 to 5 minutes of cook time to crisp skin.
- 3 While chicken is cooking, reheat rice and beans in separate saucepans over medium heat, stirring occasionally to prevent burning, and adding a bit of water, if necessary.
- 4 Plate rice and beans alongside the chicken, top with root vegetable salad and enjoy!

Jerk Marinade: Soy sauce, olive oil, lime, brown sugar, scallion, ginger, scotch bonnet pepper, garlic, thyme, allspice, nutmeg, salt, pepper.

Coconut Ginger Rice: Converted rice, water, coconut milk, ginger, scallion, lemon, bay leaf, chile de arbol, salt, pepper.

Caribbean Black Beans: Black bean, yellow onion, orange, garlic, thyme, allspice, olive oil, bay leaf, chile de arbol, salt, pepper.

Shredded Root Vegetable Salad: Carrot, parsnip, celery root, radish, Dijon mustard, salt, sugar, sherry vinegar, parsley, olive oil.

Chicken Thighs.

Contains: *Wheat, poultry, coconut, soy, bean/lentil, cinnamon/nutmeg*

② READY-TO-EAT

French toast casserole

with whipped maple butter and butternut squash hash

Preheat oven to 350°F.

Cover french toast casserole with foil and bake until heated through, 20 to 50 minutes, depending on number of servings.

Preheat sauté pan, large enough to hold butternut squash hash, with a splash of olive oil over medium heat. Add hash and cook, stirring occasionally until kale is wilted and vegetables are hot throughout.

When french toast casserole is hot, remove from oven and divide onto plates with hash. Top with whipped maple butter and enjoy!

French Toast Casserole: Brioche (ap flour, butter, sugar, egg, milk powder, salt, yeast, water), egg, cream, walnut, brown sugar, whiskey, vanilla, cinnamon, nutmeg, salt.

Whipped Maple Butter: Butter, maple syrup, lemon, salt.

Butternut Squash Hash: Butternut squash, red potato, red onion, kale, oyster mushroom, olive oil, red wine vinegar, spices, salt, pepper.

Contains: *Egg, dairy, wheat, tree nuts, cinnamon/nutmeg*

③ FARM-TO-FREEZER

shepherd's pie

with beef and lamb

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