

PASTURE AND PLENTY

DATE: MARCH 15, 2021 | VEGETARIAN

HOORAY, IT'S MONDAY!

Lots of bold and bright flavors in this week's menu, friends. Our house-made giardiniera – crunchy, briny and oil-cured – has our tastebuds singing. The rich, cumin and pepper-laden shakshuka is warming us right up. And the Gumbo is chock-full of Creole and Cajun spices. Need we say more? Oh, there's Irish Soda bread for St. Patty's Day, too?! What a week.



PRODUCER SPOTLIGHT

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

Arndt Farms
Vitruvian Farms
Meadowlark Organics
Enos Farms
Madison Sourdough Co.
Roth Cheese



roasted mushroom sandwich
with Roth Grand Cru, housemade giardiniera, arugula and farro kale salad



shakshuka
with herb roasted potatoes and goat cheese



red bean and cauliflower gumbo
and scallion rice

EXTRA GOODNESS Irish soda bread

Store at room temperature and enjoy within 5 days.

Ingredients: AP flour, sugar, egg, butter, buttermilk, raisin, baking soda, salt.

Contains: Wheat, egg, dairy.

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

roasted mushroom sandwich

with Roth Grand Cru, housemade giardiniera, arugula and farro kale salad

PREP &
COOK TIME

15

MINUTES

IN YOUR BAG

Roasted
Mushrooms

Farro Kale
Rainbow Carrot
Salad

Madison
Sourdough Co.
Brioche

Arugula

Roth Grand Cru

Housemade
Giardiniera

Pair with the
darkly fruity and
leathery Cabernet
Sauvignon from
The Fableist
or
with Lake Louie
Brewing's full-
bodied Warped
Speed Scotch Ale

- 1 Preheat broiler on low setting. Scatter mushrooms on sheet pan and reheat briefly under broiler until warm.
- 2 Slice brioche bun and toast in toaster or under pre-heated broiler until slightly browned.
- 3 Place bottom half of bun onto sheet tray, spoon mushrooms onto bun and top with giardiniera and slice of Roth Grand Cru. Broil until cheese is melted.
- 4 Once cheese is melted, remove sandwich from oven, top with arugula and other half of bun. Serve alongside farro kale salad. Dig in!

Roasted Mushrooms: Oyster mushroom, shiitake mushroom, shallot, garlic, thyme, chives, olive oil, salt, pepper.

MSCO Brioche Bun: AP flour, butter, sugar, egg, milk powder, yeast, salt.

Roth Grand Cru: Cultured pasteurized milk, salt, enzymes.

Housemade Giardiniera: Cauliflower, jalapeño, celery, green olive, carrot, olive oil, white wine vinegar, fennel seed, oregano, salt, pepper.

Farro Kale Rainbow Carrot Salad: Farro, carrot, kale, house vinaigrette (sunflower oil, red onion, garlic, red wine vinegar, dijon mustard, salt, pepper, xanthan gum), salt, pepper.

Contains: Mushroom, wheat, egg, dairy, olives.

② READY-TO-EAT

shakshuka

with herb roasted potatoes and goat cheese

Preheat oven to 400°F. Place potatoes on a sheet pan and reheat for 6 to 8 minutes, until crispy. Heat shakshuka in a sauté pan over medium heat until hot, about 5 minutes.* Divide potatoes onto plates, spoon stew over the top of potatoes. Enjoy!

*If you have eggs at home, feel free to add some! Make wells in the hot shakshuka, crack eggs right into them, and cook for an additional 5 to 8 minutes.

Shakshuka: Tomato, red bell pepper, yellow bell pepper, carmen pepper, goat cheese (goat milk, cheese culture, rennet, salt), onion, garlic, cumin, turmeric, paprika, cayenne, dill, thyme, parsley, chive, olive oil, salt, pepper.

Herb Roasted Potatoes: Yukon potato, red potato, olive oil, thyme, rosemary, parsley, chive, salt, pepper.

Contains: Dairy.

③ FARM-TO-FREEZER

red bean and cauliflower gumbo and scallion rice

Defrost rice and gumbo. Heat gumbo over medium heat in saucepan until hot, with up to 1/2 cup of water for about 6-8 minutes. Heat rice over low heat in 2nd saucepan until hot, with up to 1/4 cup of water, also for about 6-8 minutes. Plate gumbo alongside rice. Enjoy!

See label for ingredients



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