

# PASTURE AND PLENTY

DATE: JULY 26, 2021 | OMNIVORE

## HOORAY, IT'S MONDAY!

Good news for the grilling fans out there: not only is your Cook Kit grill-friendly, but so is your Extra Goodness! Get ready for Vanilla Cake with Strawberry Compote, made even tastier if you give the cake a quick hit of heat on the hot grates first, too. Don't worry, it'll be just as delicious if you follow the indoor cooking instructions instead. Enjoy your week, friends!

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### steak grill kit

with heirloom tomato butter, MSCo miche and wax beans

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### shrimp and orzo stew

with roasted carrot fennel salad

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### ratatouille

over herbed parmesan polenta



## PRODUCER SPOTLIGHT

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

- Forenoon Farm
- Winterfell Acres
- Raleigh's Hillside Farm
- Elderberry Hill Farm
- Driftless Organics
- Crossroads Community Farm
- Bering Bounty
- Madison Sourdough Co.

## EXTRA GOODNESS

### vanilla cake

with strawberry compote

Instructions: Keep refrigerated. Bring cake to room temperature or reheat for a few minutes on the grill. Top with compote. Enjoy!

Ingredients: Vanilla Cake (spelt flour, ap flour, butter, sugar, egg, buttermilk, vanilla, baking soda, kosher salt), strawberry compote (strawberry, sugar).

Contains: Dairy, wheat, 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  
steak grill kit

with heirloom tomato butter, MSCo miche and wax beans

PREP &  
COOK TIME

30  
MINUTES

IN YOUR BAG

Sirloin Steak

MSCo Miche

Heirloom Tomato  
Butter

Wax Beans, Radish  
and Spinach

PAIR WITH

Pair with the dry  
and jammy The  
Fableist  
Cabernet  
Sauvignon  
or  
the richly hoppy  
Double Red Ale  
from Giant Jones  
Brewing

1 First, bring steaks out of the refrigerator; season with salt and black pepper. If grilling, preheat grill for high heat. If cooking indoors, preheat your oven to 425°F.

2 Cut radishes in half and snap ends off of beans. Give the veggies a splash of olive oil and a dusting of salt and pepper; do the same with your slices of bread.

3 If grilling, place steaks onto grill. Grill the steak, turning often with tongs. If cooking indoors, heat a heavy bottom skillet on medium-high heat, adding a splash of cooking oil. Sear the steak, turning often with tongs. In both cases, cook until the internal temperature as measured with an instant-read thermometer is 120°F for Rare, or 135°F for Medium, about 6 to 8 minutes. Set the steak aside on a warm plate, loosely covered with foil, to rest for 5 minutes.

4 If grilling, grill the vegetables over high heat. Lightly grill bread until browned. If cooking indoors, put veggies on a baking sheet and roast in the pre-heated oven for 10 to 15 minutes, adding the bread for the last few minutes. In both cases, cook the vegetables until nicely charred and cooked through. Once vegetables have cooled slightly, cut into bite-sized pieces and toss with spinach.

5 Now, put it all together. Slice steak into strips across the grain of the meat. Divide warm vegetables, bread, and steak onto serving plates; top with tomato basil compound butter.

**MSCO Miche:** Flour, water, salt **Heirloom Tomato Butter:** Butter, tomato, red bell pepper, sugar, white wine, onion, garlic, olive oil, basil, saffron  
*Contains: Wheat, dairy, beef*

② READY-TO-EAT  
shrimp and orzo stew

with roasted carrot fennel salad

Place stew into a large sauce pot and warm over medium heat for 6 to 8 minutes, stirring often to promote even heating and prevent burning. Add a up to a 1/2 cup of water if stew seems too thick or let simmer additional time if it seems too watery

While stew reheats, give carrot fennel salad a shake to redistribute dressing.

Portion stew into bowls and serve carrot salad alongside. Enjoy!

**Shrimp and Orzo Stew:** Vegetable stock, orzo (semolina, wheat, vitamins, minerals), shrimp, zucchini, tomato, onion, celery, kale, red bell pepper, yellow bell pepper, orange bell pepper, lemon, fennel seed, brandy, red chile flake, olive oil, mint, salt, pepper **Carrot Fennel Salad:** Yellow carrot, orange carrot, fennel, sunflower oil, lemon, dill, sugar, salt, pepper

*Contains: Wheat, shellfish, mint*

③ FARM-TO-FREEZER  
ratatouille

with herbed parmesan polenta

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