

PASTURE AND PLENTY

DATE: JULY 26, 2021 | VEGETARIAN

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!



portabella mushroom grill kit

with heirloom tomato butter, MSCo miche and wax beans



black-eyed pea and orzo stew

with roasted carrot fennel salad



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

portabella mushroom grill kit

with heirloom tomato butter, MSCo miche and wax beans

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Marinated
Portabella
Mushroom

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 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 mushrooms onto the grill. Leave until cap has developed nice grill marks and is starting to shrink, then flip and repeat. If cooking indoors, heat a heavy bottom skillet over medium heat, adding a splash of cooking oil. Sear the mushroom, turning often, until it is starting to shrink and is well browned.
- 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 mushrooms into strips. Divide warm vegetables, bread, and mushrooms onto serving plates; top with tomato basil compound butter.

Marinated Portabella Mushroom: Portabella mushroom, soy sauce, olive oil, garlic, rosemary, thyme, red wine vinegar, salt, pepper **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, soy, mushroom

② READY-TO-EAT

black-eyed pea and orzo stew

with 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!

Black-Eyed Pea and Orzo Stew: Vegetable stock, orzo (semolina, wheat, vitamins, minerals), black-eyed pea, kohlrabi, 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, bean/lentil, 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