

PASTURE AND PLENTY

DATE: AUGUST 2, 2021 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're back at it with more local goodness! Not only are we sourcing all of our vegetables (helloooo kale, cherry tomatoes, cucumbers, beans, purple carrots mushrooms and more) from local farms, but the baguette for your Banh Mi is from Clasen's European Bakery and the flour for your tart dough (and shortbread) is from Meadowlark Organics! Local any way you look at it.



cherry tomato galette

with kale, green beans, pesto and herbed ricotta



lemongrass tofu and mushroom duxelles banh mi

with pickled carrots and spicy mayo



RP's rigatoni

with cherry tomato, celeriac and onion ragù



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

Vitruvian Farms

RP's Pasta

Clasen's European Bakery

Meadowlark Organics

EXTRA GOODNESS

rosemary shortbread cookies

Instructions: Store at room temperature and enjoy within 5 days.

Ingredients: Butter, Meadowlark organic white whole wheat pastry flour, ap flour, sugar, rosemary, salt.

Contains: Dairy, wheat.

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

cherry tomato galette

with kale, green beans, pesto and herbed ricotta

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Tart Dough

Cherry Tomatoes,
Green Beans and
Kale

Pesto

Herbed Ricotta

PAIR WITH

the off-dry and effervescent Groundwork Muscat Frizzante or the summery and light Oberon Wheat Ale from Bell's Brewery

1 Preheat oven to 350°F. Make sure your rack is in the center of the oven.

2 Wash and cut cherry tomatoes in half. Snap the ends off of the green beans. In a large bowl, toss the tomatoes, beans and chopped kale with a splash of olive oil.

3 On a floured surface, roll out the dough to about 1/8 inch thickness. Galettes are free form tarts, you are going for a rectangular-ish shape. Rotate the dough as you work, to keep it from sticking, and dust your pin with flour if the dough gets sticky. Move dough onto a baking sheet.

4 Place the veg on the prepared dough, leaving a 3/4-inch at the outer edge of the dough. Fold the dough up over the toppings around the edge of the tart.

5 Place your tart in the preheated oven. Bake for 15 minutes, then rotate the pan. Continue to bake until the veggies are tender and the crust is a deep, golden brown, about 15 more minutes.

6 Remove tart from oven and let cool for 5 minutes, then top with ricotta and pesto. Cut and enjoy!

Tart Dough: AP flour, spelt flour, butter, water, salt

Pesto: Spinach, basil, sunflower oil, sarvecchio (milk, salt, enzymes, cultures), red wine vinegar, roasted garlic, pepitas, salt, pepper **Herbed Ricotta:** Milk, cream, buttermilk, salt, thyme, rosemary, parsley

Contains: Dairy, wheat

② READY-TO-EAT

tofu and mushroom duxelles banh mi with pickled carrots & spicy mayo

Pick herb leaves and slice cucumber; set aside. Heat a splash of olive oil in a skillet over medium heat and cook porchetta slices until heated through and remove from pan. Slice baguette in half lengthwise; toast in the hot pan, open side down, until lightly browned. To assemble sandwich, spread paté on bottom half of baguette. Layer on porchetta, cucumbers, pickled carrots, and herbs. Spread top half of baguette with spicy mayo and place on top.

Tofu: Tofu (water, soybean, calcium sulfate), lemongrass, lime, garlic, olive oil, salt, pepper **Duxelles:** Crimini mushroom, oyster mushroom, butter, white wine, salt, thyme, pepper **Pickled Carrots:** Orange carrot, purple carrot, white wine vinegar, water, sugar, salt, bay leaf, chile de arbol, peppercorn, juniper **Spicy Mayo:** Sunflower oil, egg, red wine vinegar, dijon, sriracha, parsley, thyme, rosemary, salt, pepper **Baguette:** Flour, water, yeast, salt

Contains: Wheat, soy, mushroom, dairy, alcohol, mint

③ FARM-TO-FREEZER

rp's pasta with cherry tomato, celeriac and onion ragù

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
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-1pm