

PASTURE AND PLENTY

NOVEMBER 1, 2021 | OMNIVORE

HOORAY, IT'S MONDAY!

Post-Halloween, vegetables are just what we need, right, friends? So, we're piling veg into every part of your meals this week! Think: burgers piled with pickled carrots and daikon, alongside simply roasted turnips; cornbread topped with apples and leeks, with a fresh four-veg slaw; and a butternut squash risotto laden with six different kinds of greens. What a week!



beef bulgogi burgers
with pickled vegetables, ramp kimchi
aioli and sesame-glazed turnips



apple leek cornbread
with shredded chicken and cabbage,
carrot & celeriac slaw



butternut squash risotto
with beans, greens and toasted sage



PRODUCER SPOTLIGHT

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

Love Food Farm
Winterfell Acres
Raleigh's Hillside Farm
Vitruvian Farms
Madison Sourdough Co.
Sartori Cheese
Rural Route 1 Popcorn

EXTRA GOODNESS

salted caramel popcorn

Instructions: Keep at room temperature and enjoy within five days.

Ingredients: Popcorn, sugar, cream, butter, vanilla, sea salt.

Contains: 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

beef bulgogi burgers with pickled vegetables, ramp kimchi aioli and sesame-glazed turnips

PREP & COOK TIME

40
MINUTES

IN YOUR BAG

Beef Bulgogi Burger Mix

MSCo Brioche Bun

Ramp Kimchi Aioli

Pickled Vegetables

Turnips

Sesame Glaze

PAIR WITH

the lush and juicy Ver Sacrum "Gloria" Garnacha or the hoppy Immortal Soul Imperial West Coast Style IPA from Eagle Park Brewing

- 1 Preheat oven to 350°F.
- 2 Give turnips a quick rinse and then cut them into bite sized pieces. In a bowl, toss turnips with the sesame glaze, season with salt and pepper as needed, and toss again until evenly coated. Place on a parchment paper-lined sheet pan. Place sheet pan in oven and roast for about 20 minutes, stirring halfway through, until golden brown and cooked through.
- 3 Meanwhile, divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner — it will cook more evenly. Season both sides with salt and pepper.
- 4 Next, heat a small amount of olive oil or butter in a skillet over medium high heat. Place burgers in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160°F or until done to your taste, about 6 to 8 minutes.*
- 5 Slice bun and toast in the oven for a few minutes until lightly browned. Spread kimchi aioli on both halves, place burger on bottom bun, top with pickled veg and top bun. Serve glazed turnips alongside burger. Enjoy!

Beef Bulgogi Burger Mix: Beef, soy sauce, gochujang, garlic, brown sugar, rice wine vinegar, sesame oil
MSCo Brioche Bun: Flour, butter, sugar, egg, milk powder, salt, yeast, water
Ramp Kimchi Aioli: Sunflower oil, ramp kimchi (ramp leaves, water, onion, salt, garlic, gochugaru [korean red chile flake], ginger, salt), egg, dijon mustard, red wine vinegar, salt, pepper
Pickled Vegetables: Red onion, carrot, white daikon, white vinegar, sugar, salt, turmeric, chile de arbol, bay leaf
Sesame Glaze: Soy sauce, sesame oil, honey, salt, pepper

Contains: Beef, soy, sesame, wheat, egg, dairy

**Consuming raw or undercooked burgers may increase your risk of foodborne illness.*

② READY-TO-EAT

apple leek cornbread with shredded chicken & slaw

Reheat chicken in the microwave on high heat for a few minutes, stirring every 30 seconds, until heated through. Alternately, reheat it in a skillet over medium-low heat for about 6 to 8 minutes until heated through, adding a splash of water, if necessary.

Slice corn bread and reheat for about 20 seconds in the microwave. Or, heat a skillet over medium heat and melt a few tablespoons of butter. Heat slices of cornbread in the butter until warmed and crispy, about 2 to 3 minutes per slice.

Give the slaw a stir to redistribute dressing. Plate slaw alongside the chicken and cornbread. Enjoy!

Cornbread: Cornmeal, ap flour, buttermilk, egg, butter, leek, apple, maple syrup, baking powder, baking soda, sage, thyme, salt

Chicken: Chicken, onion, garlic, chipotle en adobo, brown sugar, cumin, orange, lime, salt, pepper
Slaw: Cabbage, daikon, celeriac, carrot, garlic, red wine vinegar, olive oil, dijon mustard, sour cream, salt, pepper

Contains: Dairy, wheat, egg

③ FARM-TO-FREEZER

butternut squash risotto with beans, greens and toasted sage

See label for instructions and 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
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M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-1pm