

PASTURE AND PLENTY

NOVEMBER 8, 2021 | OMNIVORE

HOORAY, IT'S MONDAY!

Have you tried Milpa's tamales yet? Milpa (run by best friends Shannon and Miros) handmakes tamales, with love, in the new P&P Makeshop kitchen! A tamal seems simple enough: masa dough stuffed with filling, then wrapped in a husk. But, it's a complex process that takes hours to complete. Milpa is just getting going, but look for their goods in our Farm-to-Freezer cases soon!



autumn panzanella salad with marinated roasted chicken breast



white corn tamales with salsa pepita, peas and mozzarella from Milpa with black beans and cilantro-lime slaw



baked ziti with Italian sausage, spinach and sarvecchio besciamella



PRODUCER SPOTLIGHT

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

Happy Valley
Winterfell Acres
Raleigh's Hillside Farm
Garden to Be
Madison Sourdough Co.
Milpa
La Cosecha
Saffi Foods

EXTRA GOODNESS

mixed fruit crisp

Instructions: Bring pyrex to room temperature and preheat oven to 400°F. Bake for about 40 minutes, until bubbling and the top is light golden brown.

Ingredients: Pear, apple, red wine (grenache), brown sugar, oat, ap flour, salt, raspberry, butter, star anise, allspice, clove, cornstarch.

Contains: Dairy, wheat, alcohol

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

autumn panzanella salad with marinated roasted chicken breast

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Chicken Breast

Herb Marinade

MSCo Rosemary

Sourdough

Croutons

Sherry Maple

Vinaigrette

Roasted Butternut

Squash

Vegetable Bags

PAIR WITH

the juicy & savory

Cardedu "Astili"

Rosso Sardega

or

the malty Pale

Weizenbock from

Giant Jones

1 Remove chicken breast and toss with marinade in the morning; place back in fridge. Or, place chicken in marinade when you first start dinner prep.

2 Preheat oven to 400°F. Seed and slice peppers. Chop watermelon radish and apple into 1" - 1.5" square chunks (peeling is optional). Place peppers, radish and apples into a large bowl and toss with a splash of olive oil, salt and pepper.

3 Spread veg on a sheet tray, leaving room to place the chicken breast on one side. Place sheet tray with veg and chicken in oven and roast for 15-20 minutes, stirring halfway through and flipping chicken over. Add butternut squash to sheet tray of roasting veg for last 5 minutes of roasting time to reheat. At end of cook time the veg should be tender and brown. To test chicken for doneness, insert an instant read thermometer; it should read 165°F.

4 Meanwhile, take kale off of stems and slice into narrow strips. Toss kale with sourdough croutons and vinaigrette in the same large bowl as the veg before. Let sit to soften kale and croutons while veg and chicken are cooking.

5 When veg and chicken are cooked and squash is warm, remove from oven. Toss veg together with croutons, kale strips, and vinaigrette. Slice chicken into chunks or strips. Portion salad onto plates and

Herb Marinade: Canola oil, red wine vinegar, garlic, thyme, chive, parsley, rosemary, salt, pepper

MSCo Rosemary

Sourdough Croutons: Flour, water, olive oil, rosemary, salt,

pepper, garlic

Sherry Maple Vinaigrette: Sunflower oil,

sherry vinegar, maple syrup, whole grain mustard, shallot,

olive oil, salt, pepper, xanthum gum

Roasted Butternut

Squash: Butternut squash, olive oil, salt, pepper. **Vegetable**

Bag: Mixed peppers, lacinato kale, watermelon radish, apple

Contains: Wheat, poultry

② READY-TO-EAT

white corn tamales with black beans, salsa pepita and cilantro-lime slaw

Keep tamales frozen. From frozen, microwave tamales in husks for 2 minutes. Flip, microwave for 1 additional minute. Alternatively, place tamales, in husks, inside a stovetop steamer. Make sure water level stays below tamales. Cover and steam for 25 to 35 minutes. Remove tamales from husks; be careful, they will be hot and steamy.

While tamales are heating, reheat beans in the microwave for 2 to 3 minutes, stirring every 30 seconds. Give the slaw a toss to redistribute the dressing.

Serve salsa, slaw and beans alongside hot tamales. Dig in!

Tamales: White corn masa (white corn, vegetable oil, salt), salsa verde (tomatillo, avocado, poblano, onion, cilantro, serrano, pepita, garlic, lime juice, salt), peas, mozzarella (milk, salt, enzymes, cultures) **Beans:** Black bean, onion, garlic, cumin, cinnamon, salt **Slaw:** Green Cabbage, red cabbage, carrot, radish, scallion, cilantro, lime, garlic, cumin, salt, sugar **Salsa:** Tomatillo, poblano, onion, cilantro, serrano, pepita, garlic, lime juice, salt

Contains: Dairy

③ FARM-TO-FREEZER

baked ziti with Italian sausage, spinach and sarvecchio besciamella

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