

PASTURE AND PLENTY

NOVEMBER 8, 2021 | VEGETARIAN

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 cauliflower steak



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



baked ziti with roasted eggplant, 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 cauliflower steak

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

- Cauliflower
- Herb Marinade
- MSCo Rosemary Sourdough Croutons
- Sherry Maple Vinaigrette
- Roasted Butternut Squash
- Vegetable Bag

PAIR WITH

the juicy & savory Cardedu "Astili" Rosso Sardega or the malty Pale Weizenbock from Giant Jones

- 1 Preheat oven to 400°F. Seed and slice peppers. Chop watermelon radish and apple into 1" - 1.5" chunks (peeling is optional). Place peppers, radish and apples into a large bowl and toss with a splash of olive oil, salt and pepper.
- 2 Slice cauliflower into 3/4" slices and place flat on one side of a baking sheet. Drizzle both sides with marinade. Spread veg on the other half of the sheet tray.
- 3 Place sheet tray in oven and roast for 15-20 minutes, stirring halfway through and flipping cauliflower steaks 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, including the cauliflower, should be tender and browned.
- 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 the veg is cooking.
- 5 When veg and cauliflower steaks are cooked and squash is warm, remove from oven. Toss veg together with croutons, kale strips, and vinaigrette. Portion salad onto plates and top with cauliflower steaks. Enjoy!

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

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, sitting 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 roasted eggplant, 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