

PASTURE AND PLENTY

JANUARY 17, 2022 | OMNIVORE

HOORAY, IT'S MONDAY

It's comfort food week, y'all! Creamy, potato leek soup with hearty bread (topped with allll of the winter greens pesto). RP's fresh pasta with a rich, tomato and braised beef-laden ragù. And roasted veggies with bright and flavorful coriander roasted carrots and wild-caught salmon over brown rice. All things we reach for when it's cold or gloomy out. Hopefully it's the same for you and this week's menu hits the spot!



**coriander crusted
Bering Bounty salmon**
with roasted carrots and sesame
scallion kale brown rice



potato leek soup
with MSCo seed & grain boule and
winter pesto



RP's campanelle
with braised beef, onion and cherry
tomato ragù



PRODUCER SPOTLIGHT

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

Bering Bounty
Madison Sourdough Co.
RP's Pasta
Sartori Cheese
Century Sun Oil
Vitruvian Farm
Saffi Foods

EXTRA GOODNESS

chocolate crinkle cookie dough

Instructions: Thaw dough to room temperature. Lightly press into a squat disc. Bake at 350°F for 10 minutes, turning halfway through. Cookies should be slightly gooey in the middle, like a brownie. Enjoy!

Ingredients: Chocolate, sugar, ap flour, butter, fresh ginger, egg, vanilla, orange zest, salt.

Contains: Wheat, egg, dairy, chocolate

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

coriander crusted Bering Bounty salmon with roasted carrots and sesame scallion kale brown rice

PREP & COOK TIME

45 MINUTES

IN YOUR BAG

Bering Bounty Salmon (keep frozen)

Carrots

Spice Mix

Sesame Scallion Kale Brown Rice

PAIR WITH

the softly acidic and juicy Foradori Lezer or the light and fruity Wild Tropic Hard Kombucha from Lake Louie Brewing

- 1 Preheat oven to 400°F. In a bowl, toss the carrots with olive oil and 1/2 of the spice mix. Spread on one side of a sheet pan.
- 2 Roast carrots in the preheated oven for 10 minutes.
- 3 Meanwhile, rub flesh side of frozen salmon with olive oil and then the other 1/2 of the spice mix; you want the spices to adhere to the fish.
- 4 Remove sheet pan from oven and stir carrots. Add salmon to one side. Roast salmon and carrots in the oven for 10 minutes. Turn oven temperature down to 325°F and stir carrots again. Roast for another 8 to 15 minutes until the salmon tail or belly begins to crack slightly — flesh should flake gently away & be slightly translucent at the skin of the thickest point.
- 5 While salmon and carrots are cooking, heat sauté pan over medium heat. Add rice and up to a 1/4 cup water. Heat and stir rice until it is hot and water has been mostly absorbed.
- 6 Divide rice onto plates, top with roasted carrots and salmon fillets. Enjoy!

Spice Mix: Coriander, paprika, lemon, salt, sugar, black pepper, cayenne **Sesame Scallion Kale Brown Rice:** Brown rice, water, scallion, sesame oil, salt, bay leaf, chile de arbol, pepper

Contains: Fish, sesame

② READY-TO-EAT

potato leek soup with MSco seed & grain boule and winter pesto

Warm soup over medium-low heat in a saucepan, stirring occasionally, just until it begins to steam, about 5 minutes. Alternately, heat in microwave on medium high, stirring every minute, for about 4 minutes. If soup is too thick, feel free to add up to 1/4 cup of liquid per serving to thin.

Slice boule into wedges. Place slices in the toaster or toaster oven to heat.

Portion hot soup into bowls, then garnish with pesto and serve boule slices alongside. Dig in!

Potato Leek Soup: Vegetable stock, russet potato, leek, onion, cream, buttermilk, red wine vinegar, garlic, salt, thyme, bay leaf, chile de arbol, pepper **MSco Seed & Grain Boule:** Flour (wheat and rye), steel cut oats, sunflower seeds, sesame seeds, flax seeds, water, salt **Winter Pesto:** Sunflower oil, kale, spinach, red wine vinegar, garlic, pepitas, sarvecchio (milk, culture, salt, enzyme), salt, red chile flake, pepper

Contains: Wheat, dairy, sesame

③ FARM-TO-FREEZER

RP's campanelle braised beef, onion and cherry tomato 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