

PASTURE AND PLENTY

MARCH 7, 2022 | OMNIVORE

HOORAY, IT'S MONDAY!

This week's menu features TWO of our P&P Makeshop partners: Tart Baked Goods and La Cosecha Tortillas. The Galettes from Tart are chock-full of local mushrooms from Vitruvian Farms encased in their signature flaky and buttery crust that you know and love. Then, tortillas from La Cosecha (made with local, heirloom corn hand-ground into masa in our Makeshop kitchen) will be heading into your Enchiladas! See what we mean? This menu is good!



braised chicken enchilada kit with green chile sauce and La Cosecha tortillas



lamb and bulgur meatballs with grilled scallion yogurt and pita



Tart Baked Goods mushroom and leek galette with greens and orange balsamic vinaigrette



PRODUCER SPOTLIGHT

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

Tart Baked Goods

La Cosecha

Vitruvian Farms

Century Sun Oil

Saffi Foods

Winterfell Acres

Alsum Sweet Corn

Fifth Season Cooperative

EXTRA GOODNESS

brown butter chocolate chip cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 350°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt

Contains: Wheat, dairy, egg, 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

braised chicken enchilada kit

with green chile sauce and La Cosecha tortillas

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Chicken Enchilada
Filling
La Cosecha
Tortillas
Salsa Verde
Cheese Blend
Red Rice and
Beans

PAIR WITH

the fresh and
fruity El Jefe
Tempranillo
or
with the slightly
bitter and citrusy
Pulp Culture
Hazy IPA from
Working Draft

- 1 Preheat oven to 400°F. Warm a heavy bottomed skillet over medium heat.
- 2 Warm each tortilla in the skillet, flipping often, about 5 seconds a side, until warm and foldable. Stack and wrap in a kitchen towel to keep warm.
- 3 Brush a little salsa verde on both sides of each tortilla, divide enchilada filling onto tortillas and roll each one up leaving the seam side down to keep from unrolling. Place them tightly into a baking dish and top with remaining sauce and cheese blend.
- 4 Bake enchiladas until cheese is melted and everything is heated through to 165°F, about 20 minutes.
- 5 While enchiladas bake, reheat the red beans and rice on the stovetop over medium-low heat until hot.
- 6 Plate the enchiladas next to the rice and beans and dig in!

Chicken Enchilada Filling: Chicken, corn, yellow onion, poblano pepper, spinach, garlic, spices, scallion, cilantro, salt, pepper **La Cosecha Tortillas:** Corn, salt, water, lime **Salsa Verde:** Tomatillo, yellow onion, jalapeño, cilantro, vegetable stock, lime, garlic, olive oil, salt **Cheese Blend:** Chihuahua cheese (milk, salt, enzyme, culture), cheddar (milk, salt, enzyme, culture) **Red Beans & Rice:** Converted white rice, red bean, corn, tomato, water, garlic, scallion, spices, salt, pepper

Contains: Poultry, dairy

② READY-TO-EAT

lamb and bulgur meatballs with lemon yogurt sauce and cauliflower pilaf

Preheat oven to 375°F. Place meatballs (they are pre-cooked) in a shallow baking dish; cover with foil. Reheat in the preheated oven until heated through, about 20 minutes. Remove from oven, add a splash of water to deglaze baking dish before gently tossing hot meatballs with some yogurt sauce.

Meanwhile, reheat pilaf over medium-low heat for 6 to 8 minutes, adding a bit of water as needed.

Divide pilaf onto individual serving plates. Top with hot, yogurt-sauced meatballs and serve extra yogurt sauce on side. Enjoy!

Lamb Meatballs: Lamb, bulgur wheat, greek yogurt, egg, mint, scallion, salt, cumin, coriander, black pepper, cardamom, star anise, aleppo pepper, cinnamon, turmeric, nutmeg **Yogurt Sauce:** Greek yogurt, cream, lemon, garlic, parsley, scallion, salt, pepper **Pilaf:** Long grain rice, cauliflower, pepitas, onion, garlic, golden rasin, sherry vinegar, lemon, turmeric, paprika, salt, pepper

Contains: Lamb, wheat, dairy, egg, cinnamon/nutmeg, tree nuts

③ FARM-TO-FREEZER

mushroom and leek galette with greens and orange balsamic vinaigrette

See labels 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