PASTURE AND PLENTY

MARCH 14, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're always excited to share our menus, but this week's seems particularly timely, friends. Our Ready-to-Eat meal – roasted celeriac with cider braised cabbage, apples and dried fruit – is inspired by a recipe from Olia Hercules' fabulous cookbook, Summer Kitchens: Recipes and Reminiscences from Every Corner of Ukraine. Like many of you, Ukraine weighs heavily on our minds. We're working on fundrasing efforts and urge you to join us!!

THE COOK KIT 1 EAT WELL, WORK LESS.

cauliflower chickpea shawarma with Israeli salad, dill lemon toum and pita

READY-TO-EAT 2 DINNER. DONE.

roasted celeriac with cider braised cabbage, apples and dried fruit over egg noodles

FARM-TO-FREEZER 3 REAL FOOD, ANYTIME.

P&P mac and cheese with kimchi, butternut squash and greens

WE LOVE LOCAL

PRODUCER SPOTLIGHT

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

- Winterfell Acres
- Hook's Cheese
- Madison Sourdough Co.
- Tina's Flock
- Saffi Foods
- Sartori Cheese
- Sassy Cow Creamery

EXTRA GOODNESS

cinnamon raisin bread pudding with whiskey caramel sauce

Instructions: See labels for baking instructions.

Ingredients: Bread pudding (sourdough bread [flour, water, salt], milk, sugar, eggs, raisins, vanilla, cinnamon), whiskey caramel (sugar, cream, whiskey, vanilla, salt)

Contains: Wheat, dairy, egg, cinnamon, 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

cauliflower chickpea shawarma

with Israeli salad, dill lemon toum and pita

PREP & COOK TIME

40 MINUTES

IN YOUR BAG

Cauliflower Chickpea Shawarma

Israeli Salad

Lemon Oil Dressing

Dill Lemon Toum

Pita

PAIR WITH

the lemony and mineral-laden American Recordings Chardonnay or the crisp and bright Loop Station Golden Ale from Eagle Park

1. Preheat oven to 400°F. Reheat cauliflower and chickpeas on a sheetpan in preheated oven until heated through and crispy, 10 to12 minutes.
2. Shake lemon-oil dressing to emulsify then use to dress Israeli salad.
3. Warm pita for a few seconds in the microwave or a few minutes in the toaster oven.
4. Portion cauliflower chickpea shawarma and Israeli salad onto plates, serve with toum and pita. Enjoy!

Cauliflower Chickpea Shawarma: Cauliflower, garbanzo bean, olive oil, lemon juice, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon, red chile flake **Israeli Salad:** Green cabbage, red cabbage, cucumber, tomato, red onion, red bell pepper, yellow bell pepper, kalamata olive, parsley, mint, cilantro **Lemon Oil Dressing:** Olive oil, lemon juice **Dill Lemon Toum:** Canola oil, garlic, lemon, dill, water, salt **Pita:** Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate [B1], riboflavin [B2], folic acid), water, contains 2% or less of: soybean oil and/or canola oil, yeast, salt, sugar, dough conditioner (calcium sulfate, guar gum, mono-and diglycerides, enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), nonfat dry milk, calcium propionate and poassium sorbate (preservative), yeast nutrients (ammonium sulfate, ascorbic acid), whole wheat flour

Contains: Cinnamon/nutmeg, dairy, olives, egg, wheat

2 READY-TO-EAT

roasted celeriac with

cider braised cabbage, apples and dried fruit

Preheat oven to 400°F. Place celeriac on a foil-lined baking sheet, separated into large chunks, and roast in the oven until heated through nd the edges are starting to brown and crisp up, about 6 to 8 minutes.

While the celeriac is in the oven, reheat the braised cabbage in a large sauté pan over medium heat. Once hot, add the egg noodles and cook for a few minutes, tossing or stirring the noodles into the hot, braised cabbage.

Plate the braised cabbage and noodles and top with the roasted celeriac. Enjoy your meal! And maybe use this Ukrainian dish to inspire some quality dinner talk about Ukraine, its people and ways to support them in their struggles.

Roasted Celeriac: Celeriac, dijon mustard, apple cider vinegar, garlic, fennel, coriander, caraway, red chile flake, salt, pepper **Braised Cabbage:** Green cabbage, apple, red onion, dried apricot, dried fig, apple cider vinegar, caraway, fennel, coriander, salt, pepper **Egg Noodles:** Durum flour (wheat), egg yolks or eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid

Contains: Egg, milk, wheat

3 FARM-TO-FREEZER

P&P mac and cheese

with kimchi, butternut squash and greens

See label for ingredients and reheating instructions.

YOU CAN'T BUY HAPPINESS BUT YOU CAN BUY LOCAL

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