

# PASTURE AND PLENTY

MAY 23, 2022 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Ready for another tasty week, friends? We baked off a few test pizzas and boy... were they good! That ramp ricotta and red onion jam pair perfectly with the locally-grown asparagus and spinach! And we can't wait for our fave buffalo lettuce wraps with house-made ranch and cabbage apple slaw, as well as the yellow coconut curry! With a menu that good, we'll be ready for whatever the week may bring!



**p&p pizza kit** with roasted mushrooms, asparagus, ramp ricotta and red onion jam



**buffalo cauliflower chickpea lettuce wraps** with cabbage apple slaw and house-made ranch dressing



**yellow coconut curry** with spinach, sweet potatoes and red beans over brown rice



### PRODUCER SPOTLIGHT

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

Elderberry Hill Farm

Marshview Farm

Enos Farm

Sartori Cheese

Vitruvian Farm

Winterfell Acres

Lovefood Farm

Saffi Food

### EXTRA GOODNESS

#### p&p granola

Instructions: Store at room temperature and enjoy within two weeks.

Ingredients: Old fashioned oats, pecans, pumpkin seeds, unsweetened coconut, cranberries, flaxseed, almonds, maple syrup, light brown sugar, virgin coconut oil, vanilla extract, kosher salt.

Contains: Tree nuts, coconut

### 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

**p&p pizza kit with roasted mushrooms, asparagus, ramp ricotta and red onion jam**

PREP & COOK TIME

20  
MINUTES

IN YOUR BAG

Pizza Dough

Roasted  
Mushrooms

Red Onion Jam

Ramp Ricotta

SarVecchio with  
Lemon

Asparagus and  
Spinach

PAIR WITH

the natural and slightly funky FUSO Vino Rosso or with the hoppy Fantasy Factory IPA from Karben4 Brewing

- 1 Take pizza dough out of the refrigerator and bring dough to room temperature one hour before baking. Preheat oven to 425°F; if you have a convection setting now would be a great time to use it.
- 2 Remove dough from packaging with floured hands, split into individual dough balls (one per person) and place on lightly floured baking sheet. On the baking sheet, gently press down and stretch each pizza dough ball out to a 8 to 10" circle; they should be thin with slightly thicker edges.
- 3 Slice the asparagus into coins, cutting diagonally to get a bias cut. Tear spinach into bite sized pieces. Toss both with a little olive oil, salt and red pepper flakes (if desired).
- 4 Smear the top of the dough with the ramp ricotta. Scatter the veg and mushrooms evenly over crust, then layer red onion jam by spoonfuls on top. Sprinkle lemon sarvecchio all over.
- 5 Bake in preheated oven until crust is golden brown and cheese is melted, about 12 to 15 minutes.
- 6 Remove from oven and slice with a large knife or pizza cutter. Dig in!

**Pizza Dough:** Bread flour, water, 00 flour, olive oil, yeast, salt, sugar **Roasted Mushrooms:** Shiitake, olive oil, salt, pepper **Red Onion Jam:** Red onion, red wine, balsamic vinegar, brown sugar, olive oil, salt, thyme, pepper **Ramp Ricotta:** Whole milk, heavy cream, buttermilk, ramp, balsamic vinegar, red wine, lemon, red pepper flake, salt **SarVecchio with Lemon:** Sarvecchio (milk, salt, culture, enzyme), lemon, salt **Asparagus and Spinach**

*Contains: Wheat, milk, alcohol, mushrooms*

② READY-TO-EAT

**buffalo cauliflower chickpea lettuce wraps with slaw and house ranch**

Preheat oven to 400°F. While oven is preheating, separate leaf lettuce, wash under cold water, and then dry.

Bake cauliflower and garbanzo beans in preheated oven until hot and crispy, about 10 to 20 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave cauliflower on medium high until hot, about 3 to 5 minutes.

Divide cauliflower and beans onto lettuce wraps. Top with slaw and ranch dressing, or serve slaw on the side. Dig in!

**Buffalo Cauliflower and Chickpeas:**

Cauliflower, chickpea, celery, spices, butter, cayenne, distilled vinegar, water, garlic powder, salt **Cabbage Apple Slaw:** Green cabbage, purple cabbage, carrot, apple, red wine vinegar, chives, cilantro, parsley, sugar, salt **House-made Ranch:** Buttermilk, sour cream, egg, sunflower oil, red wine vinegar, mustard, onion powder, garlic powder, herbs, lemon, salt, pepper

*Contains: Milk, egg*

③ FARM-TO-FREEZER

**yellow coconut curry with spinach, sweet potatoes and red beans over brown rice**

See label for ingredients and reheating instruction.



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