

PASTURE AND PLENTY

JULY 25, 2022 | OMNIVORE

HOORAY, IT'S MONDAY!

Summer's bounty is just rolling in, friends! Look for all the local produce this week. Think: kale, carrots, radishes, turnips, blueberries, cabbage, zucchini, potatoes, tomatoes and more! All of it making your kale caesar salads, vegetable galettes from Tart, Korean-inspired kimchi stew, and blueberry cobbler just a little bit more delicious! We can't wait.



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

Vitruvian Farm

Sartori Cheese

Tart Baked Goods

Winterfell Acres

Crossroads Community Farms

Driftless Organics

Madison Sourdough Co.

Saffi Saana

EXTRA GOODNESS

blueberry cobbler

Instructions: Take cobbler out of refrigerator, then preheat oven to 375°F. Place pyrex on baking sheet and bake until top is golden brown and the filling is bubbling throughout, about 25-45 minutes depending on size.

Ingredients: Blueberries, ap flour, sugar, butter, lemon juice, egg, vanilla extract, baking powder, salt.

Contains: Eggs, wheat, milk.



kale caesar salad kit with grilled chicken



roasted summer vegetable and mozzarella galette from Tart with mixed greens and strawberry balsamic vinaigrette



kimchi stew with roasted pork

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

kale caesar salad kit with grilled chicken

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Chicken Breast

Vegetable Bag

Sarvecchio

Croutons

Caesar Dressing

PAIR WITH

the flinty and
clean Jean
Manciat

Mâcon-Charnay
2020 Chardonnay

OR

the bold and crisp
Extra Blonde Ale
from Giant Jones

GRILLING INSTRUCTIONS

- 1 Preheat your grill for medium-high heat.
- 2 Trim the ends off of your radishes, carrots and turnips; toss with olive oil, salt and pepper. Season your chicken with salt and pepper, then lightly drizzle with olive oil.
- 3 Carefully place your vegetables directly on the grill or in a grill basket. If you don't have a grill basket, shape a large piece of foil into the shape of a box, poke holes in it (to allow the heat and smoke to come through) and place it on the grill; add your veggies to your foil basket. Cook the veg until charred and slightly softened. Remove from grill and set aside.
- 4 Place your chicken on the grill, flipping every 2 minutes or so until browned and the middle of the largest piece reads 165°F on an instant-read thermometer.
- 5 While the chicken is grilling, strip the kale leaves from the stems and coarsely chop. Massage kale leaves with half of the caesar dressing and toss with the croutons. Chop grilled vegetables.
- 6 Portion kale salad onto plates, top with chopped grilled vegetables and grilled chicken breast. Spoon remaining caesar dressing over the top (as desired) and sprinkle with sarvecchio. Dig in!

STOVETOP INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat a heavy bottomed skillet (or grill pan) over high heat, then add a drizzle of olive oil. Cook your chicken as instructed above. Remove chicken from pan, add your vegetables to the same skillet you cooked the chicken in. Cook until done as instructed above, stirring often.

Vegetable Bag: Radish, rainbow carrot, turnip, kale

Sarvecchio: Milk, salt, culture, enzymes **Croutons:** MSCo

hoagie (flour, water, salt), olive oil, garlic, salt, pepper **Caesar**

Dressing: Canola oil, champagne vinegar, dijon mustard,

sarvecchio (milk, salt, culture, enzyme), egg yolk, garlic,

anchovy, salt, pepper **Chicken Breast**

Contains: Milk, wheat, poultry, egg, fish

② READY-TO-EAT

roasted summer vegetable and mozzarella galette from Tart with mixed greens and vinaigrette

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Enjoy!

Galette: Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin (vitamin B3), reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), hard white whole wheat flour, sugar, kosher salt, butter (pasteurized cream, natural flavoring) organic zucchini, organic cherry tomato, onion, mushroom, potatoes, fresh herbs, red pepper flake, garlic, lemon juice, olive oil, mozzarella (pasteurized milk, cheese cultures, salt, enzymes) **Strawberry Balsamic Vinaigrette:** Canola, strawberry, balsamic vinegar, dijon mustard, honey, shallot, salt **Mixed Greens**

Contains: Wheat, milk, mushroom

③ FARM-TO-FREEZER

kimchi stew with roasted pork

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

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M 3:30pm-7:30pm **T-F** 11am-7pm

SAT 9am-1pm