

PASTURE AND PLENTY

JULY 25, 2022 | VEGETARIAN

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.



kale caesar salad kit with grilled mushrooms



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



kimchi stew with tofu



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.

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 mushrooms

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Oyster and
Shiitake
Mushroom

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 all the veg, along with the mushrooms, with olive oil, salt and pepper.
- 3 Carefully place your vegetables and mushrooms 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 While the vegetables are 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 once cooked. Keep portabella whole.
- 5 Portion kale salad onto plates, top with chopped grilled vegetables and grilled portabella. Spoon remaining caesar dressing over the top (as desired) and sprinkle with sarvecchio. Dig in!

OVEN INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat a your oven to 400°F. Place vegetables on a rimmed baking sheet and roast your vegetables and mushroom until browned and slightly softened, stirring halfway through, about 15 to 20 minutes.

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, tamari, salt, pepper **Oyster and Shiitake Mushroom**

Contains: Milk, wheat, mushroom, egg, soy

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 tofu

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