

PASTURE AND PLENTY

AUGUST 8, 2022 | OMNIVORE

HOORAY, IT'S MONDAY!

We're super excited about this week's menu! It's basically all of our favorite summer foods in one go, y'all. Niçoise salads chock-full of allll the vegetables, rich bbq sammies with cool, crispy slaw and pickles, followed up with slow-cooked tomato and eggplant laden ratatouille? Oh, and (vegan) dark chocolate macaroons to finish? Yep, we're here for it!



niçoise salad
with seared wild-caught salmon



bbq pulled pork sandwich
with house-made pickles and fennel,
apple and cabbage slaw



ratatouille
over herbed parmesan polenta



PRODUCER SPOTLIGHT

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

Bering Bounty
Winterfell Acres
Vitruvian Farms
Driftless Organics
Saffi Saana
Crossroads Community Farm
Happy Valley Farm
Sartori Cheese
Madison Sourdough Co.

EXTRA GOODNESS

chocolate macaroons

Instructions: Store at room temperature and enjoy within a week.

Ingredients: shredded coconut, cocoa powder, maple syrup, coconut oil, vanilla extract, salt.

Contains: Coconut, 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

niçoise salad

with seared wild-caught salmon

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

Bering Bounty
Salmon
(keep frozen)

Winterfell Acres
Greens

Beans & Potatoes

Raw Vegetables

Olive Herb
Vinaigrette

PAIR WITH

the flinty and
clean Jean
Manciat
Mâcon-Charnay
2020 Chardonnay
or
the bold and crisp
Extra Blonde Ale
from Giant Jones

- 1 Place gem potatoes in a medium pot and cover them with 2 or 3 inches of cold water. Salt the water and bring to a boil. When water comes to a boil, continue cooking potatoes until fork tender, 10 to 15 minutes more. While potatoes are cooking, snap the ends off of the green beans. Add green beans to the pot with the potatoes during the last 3 minutes of cooking (or longer depending on how al dente you prefer your green beans). Drain vegetables and let sit until cool enough to handle but still quite warm. Halve or smash potatoes, transfer to a small bowl along with the green beans and dress everything to coat with about half of the vinaigrette.
- 2 Take salmon out of freezer and remove from packaging. Rub with a splash of oil and season with salt and pepper. To cook the salmon, pre-heat a frying pan with a layer of olive oil; when the pan is hot enough, the oil will begin to shimmer. Place salmon in hot pan, skin-side down and do not flip. Cover with lid and cook, about 12 to 15 minutes, or until the salmon begins to "crack" at the edges. If you're not sure the salmon is cooked, or think it is almost ready, take it off the heat to prevent over-cooking. While the FDA recommends cooking fish to 145°F, you could take it off a bit earlier for a flakier, more moist and tender salmon fillet.
- 3 Once you start cooking the salmon, grab your raw vegetables. Thinly slice the radish, halve the cherry tomatoes, and cut the bell peppers into long strips. Toss the sliced raw vegetables with the remainder of the vinaigrette.
- 4 Put a layer of lettuce leaves down on each plate. Plate the beans and potatoes and sliced raw veg into neat

Raw Vegetables: Radish, Cherry Tomato, Baby Green Peppers
Olive Herb Vinaigrette: Olive oil, kalamata olive, canola oil, red wine vinegar, dijon mustard, roasted garlic, parsley, thyme, dill, red chile flake, salt, pepper **Beans & Potatoes, Winterfell Acres Greens, Bering Bounty Salmon**

Contains: Fish, olives

② READY-TO-EAT

bbq pulled pork sandwich with pickles and apple fennel slaw

Place pulled pork in a sauté pan with a splash of water over medium heat and cook, stirring occasionally, until heated through, about 5 to 7 minutes. Alternately, microwave pork on medium high until hot, about 1 to 3 minutes.

While pork is heating, slice brioche buns in half and toast, then give slaw a toss to redistribute the dressing.

Layer the pulled pork, a bit of slaw and the homemade pickles on the bottom half of the toasted bun before setting on the top half.

Plate the sandwiches and serve the remainder of the slaw on the side. Dig in!

Pulled Pork: Pork, orange, onion, beer, tomato, beer, brown sugar, coffee, paprika, cumin, pepper, molasses, salt, pepper **MSCo Brioche Bun:** Flour, butter, sugar, eggs, milk powder, salt, yeast, water **P&P Pickles:** Cucumber, white vinegar, water, salt, sugar, dill, garlic, pink peppercorn, coriander, allspice, bay leaf, chile de arbol, mustard seed **Apple Fennel Slaw:** Green cabbage, carrot, celery, apple, fennel, canola oil, egg, red wine vinegar, dijon, apple cider vinegar, onion, garlic, scallion, parsley, lime, lemon, poppy seed, salt, pepper, sugar

Contains: Pork, wheat, egg, milk, alcohol

③ FARM-TO-FREEZER

ratatouille over herbed parmesan polenta

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