

PASTURE AND PLENTY

AUGUST 29, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

Can you believe summer is coming to a close? Back to school season is upon us and Fall is breathing down our necks. As much as we LOVE Fall, we're also going to miss the free-wheeling fun of summer. If you're struggling with the transition, too, we feel you. Hopefully our meals this week will help! Look for the sweetest of sweet corn in our fave elote kits, squash blossom and poblano tamales from Milpa, and comforting butter cauliflower!



elote (street corn) kit
with Mexican chopped salad, roasted mushrooms and citrus cilantro vinaigrette



Milpa's white corn, squash blossom, poblano pepper and chihuahua cheese tamales with frijoles charros and creamy guajillo salsa



butter cauliflower and broccoli 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:

Alsum Sweet Corn
Winterfell Acres
Vitruvian Farms
Marr's Valley View Farm
Milpa
La Cosecha
Driftless Organics
Elderberry Hill Farm
Saffi Saana

EXTRA GOODNESS

blueberry baked oatmeal

Instructions: Microwave for 25 seconds or bring to room temperature before placing glass jar on a sheet pan and baking at 350°F for 10-15 minutes.

Ingredients: Oats, milk, egg, blueberry, butter, applesauce, maple syrup, vanilla, salt, baking powder.

Contains: Milk, egg

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

elote (street corn) kit with Mexican chopped salad, roasted mushrooms and citrus cilantro vinaigrette

PREP & COOK TIME

40
MINUTES

IN YOUR BAG

Alsum's Sweet Corn

Mexican Chopped Salad with Mushrooms

Queso Fresco with Chile Powder

Smoked Serrano Aioli

Tortilla Strips

Citrus Cilantro Vinaigrette

PAIR WITH

the fresh and fruity El Jefe Tempranillo or the crisp, balanced Two Women Lager from New Glarus Brewing

GRILLING INSTRUCTIONS

- 1 Preheat grill for high heat. While preheating, shuck corn cobs (being careful to remove the silk).
- 2 Grill corn, turning often, until cooked and kernals are slightly charred, about 10 minutes.
- 3 While corn is grilling, place contents of chopped salad in a large bowl, toss with the citrus cilantro vinaigrette and divide onto plates. Top with tortilla strips.
- 4 Once corn is done, remove from grill and allow to cool slightly. Slather with aioli and sprinkle with queso fresco. Serve alongside the chopped salad. Dig in!

OVEN INSTRUCTIONS

- 1 Preheat oven to 400°F.
- 2 Place unshucked corn directly on oven rack and roast til tender and sweet, about 30 to 40 minutes.
- 3 While corn is roasting, place contents of chopped salad in a large bowl, toss with the citrus cilantro vinaigrette and divide onto plates. Top with tortilla strips.
- 4 When corn is done remove from the oven and allow to cool slightly. Carefully peel back husks to form a handle, then slather corn with aioli and sprinkle with queso fresco. Serve alongside the chopped salad. Dig in!

Mexican Chopped Salad: Cabbage, black bean, oyster mushroom, shiitake mushroom, cucumber, red onion, bell pepper, tomato, scallion **Queso Fresco:** Milk, salt, enzymes, dried chiles **Smoked Serrano Aioli:** Sunflower oil, egg, dijon mustard, red wine vinegar, milk, serrano, garlic, lime, cilantro, salt, pepper **Tortilla Strips:** Corn, water, lime, corn flour, canola oil, dry spices, salt, pepper **Citrus Cilantro Vinaigrette:** Sunflower oil, orange, lime, lemon, dijon mustard, honey, garlic, cilantro, cumin, salt, pepper **Alsum's Sweet Corn**

Contains: Milk, mushroom, egg

② READY-TO-EAT

Milpa's tamales with frijoles charros and creamy guajillo salsa

Keep tamales frozen. From frozen, microwave tamales in husks for 2 minutes. Flip, microwave for 1 additional minute. Alternatively, place tamales, in husks, in

side a stovetop steamer. Make sure water level stays below tamales. Cover and steam for 25 to 35 minutes. Remove tamales from husks; be careful, they will be hot and steamy.

While the tamales steam, reheat the frijoles on the stovetop over medium-low heat until warmed through, adding a splash of water if neccessary.

Serve frijoles charros alongside hot tamales and top with salsa (as desired). Enjoy!

Milpa Tamales: White corn, vegetable oil, squash blossom, poblano pepper, chihuahua cheese (milk, enzymes, salt, cultures, powdered cellulose, natamycin (mold inhibitor)). **Frijoles Charros:** Pinto bean, tomato, water, onion, garlic, scallion, cilantro, salt, pepper, cumin, coriander, paprika **Creamy Guajillo Salsa:** Canola oil, apple cider vinegar, tomato, onion, guajillo, garlic, chili de arbol, salt, xanthum gum

Contains: Milk

③ FARM-TO-FREEZER

butter cauliflower and broccoli over brown rice

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