PASTURE AND PLENTY

DECEMBER 12, 2022 | OMNIVORE

HOORAY, IT'S MONDAY!

We're excited about this week's menu, y'all: it's loaded with bold, bright flavors and allll the veg! Look for wild-caught salmon with pickled beet and horseradish sauce, and roasted, crispy potatoes and red cabbage; sloppy joes with a crunchy, zesty root vegetable slaw and salsa aguacate; and a creamy sweet corn (from our friends at Alsum's) and acorn squash chowder! Oh, and did someone say peppermint bark? What a week!

bering bounty salmon with pickled beet-horseradish sauce, roasted potatoes and red cabbage

chorizo sloppy joe with shredded root vegetable slaw and salsa aguacate

sweet corn and acorn squash chowder

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

Elderberry Hill Farm

Marr's Valley View Farm

Madison Sourdough Co.

Alsum Sweet Corn

Happy Valley Farm

Saffi Saana

EXTRA GOODNESS

chocolate peppermint bark duo

Instructions: Store at room temperature and enjoy within 2 weeks.

Ingredients: White chocoate, semi-sweet chocolate, peppermint

Contains: 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

bering bounty salmon with pickled beet-horseradish sauce, roasted potatoes and red cabbage

PREP & COOK TIME

60 MINUTES

IN YOUR BAG

Bering Bounty Salmon

Beet Horseradish Sauce

Vegetable Bag

Spice Mix

PAIR WITH

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

1. To quick-thaw your fish, keep fish in the vacuum-sealed packaging and submerge it in cold tap water, changing water every 30 minutes; it should take about an hour. Prepare and consume fish immediately after thawing.
2. Preheat oven to 425°F.
3. Prep the vegetables: cut the potatoes (you can peel them first, if desired) into 1/2" to 3/4" rough cubes; slice the cabbage into smaller, 1" thick wedges, trying to retain part of the core in each wedge to hold it together. In a bowl, toss the vegetables with olive oil and 1/2 to 3/4 of the spice mix. Spread out on a sheet pan.
4. Roast vegetables in the preheated oven for about 30 minutes, Potatoes should be tender on the inside, but crispy and brown on the edges. The cabbage should also get softer, well-browned and caramelized. If not tender, roast longer, checking for tenderness in 5 minute increments.
5. Meanwhile, rub flesh side of salmon with olive oil and then the remainder of the spice mix; you want the spices to adhere to the fish.
6. Remove sheet pan from oven and gently stir vegetables; move them to one end of the pan and place salmon next to them. Roast salmon and vegetables together for 10 to 15 minutes until the veg is well-browned, and caramelized on all edges and the salmon is cooked to taste. The salmon tail or belly should begin to crack slightly — flesh should flake gently away and be slightly translucent at the skin of the thickest point (the USDA recommends cooking salmon to 145°F or well-done). Generally, you'll need about 10 minutes of cooking per inch of thickness (or height) of your salmon fillet.
7. Divide roasted potatoes and red cabbage onto plates, nestle salmon fillets alongside and dollop the beet horseradish sauce over the top. Enjoy!

Salmon: Keep frozen until ready to cook **Beet Sauce:** Beet, white vinegar, horseradish, sour cream, salt, sugar, pepper, garlic, red chile flake **Spice Mix:** Coriander seed, dill seed, mustard seed, black peppercorn, salt **Vegetable Bag:** Red Cabbage, potatoes

Contains: Fish, milk

2 READY-TO-EAT

chorizo sloppy joe with shredded root vegetable slaw and salsa aguacate

Reheat sloppy joe in a saucepan over medium heat until hot, about 6 to 8 minutes. Add in up to 1/4 cup of water per serving to loosen and stir occasionally to prevent sticking.

While sandwich filling is reheating, slice and toast ciabatta buns in a skillet with a drizzle of olive oil, or in the toaster. Give root vegetable slaw a toss to redistribute the dressing.

On your plate, divide filling onto toasted buns, top with salsa, and serve slaw alongside. Dig in!

Sloppy Joe: Pork, onion, poblano pepper, tomato, sugar, chili powder, achiote, garlic, oregano, cumin, pepper, vinegar, brown sugar **MSCo Ciabatta:** Flour, water, salt, yeast **Slaw:** Green cabbage, carrot, radish, purple daikon, white daikon, pink daikon, scallion, rice wine vinegar, sugar, salt, pepper **Salsa:** Avocado, tomatillo, water, garlic, lime, cilantro, salt

Contains: Pork, wheat

3 FARM-TO-FREEZER

sweet corn and acorn squash chowder

See label for instructions and ingredients.

YOU CAN'T BUY HAPPINESS BUT YOU CAN BUY LOCAL

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