

# PASTURE AND PLENTY

DECEMBER 12, 2022 | VEGETARIAN

## 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 caramelized cauliflower steaks 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!



**cauliflower steaks**  
with pickled beet-horseradish sauce,  
roasted potatoes and red cabbage



**green lentil 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 chocolate, 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

## cauliflower steaks with pickled beet-horseradish sauce, roasted potatoes and red cabbage

PREP &  
COOK TIME

45  
MINUTES

IN YOUR BAG

Cauliflower

Beet Horseradish  
Sauce

Vegetable Bag

Spice Mix

PAIR WITH

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

- 1 Preheat oven to 425°F.
- 2 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. Last, slice the cauliflower heads lengthwise through the core to keep the center-cut florets together, creating thick 1/2" slabs (when doing this, nearly all the first attempted slices will crumble; save those crumbles to roast for extra-crunchy bits). In a bowl, carefully toss the vegetables with olive oil and the spice mix. Spread out on a sheet pan.
- 3 Roast vegetables in the preheated oven for about 20 minutes, stir and check for doneness. Potatoes should be tender on the inside, but crispy and brown on the edges. Both the cabbage and cauliflower should also get softer, well-browned and caramelized. A common pitfall when roasting cauliflower is stopping once it is tender: you have to stick with it, continuing to roast until the color goes from creamy white to deeply, impossibly golden brown. If not done, roast longer, checking for doneness in 5 minute increments (and gently stirring or flipping the veg each time).
- 4 Divide roasted potatoes, cauliflower and red cabbage onto plates, dolloping the beet horseradish sauce over the top. Enjoy!

**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 **Cauliflower**

Contains: Milk

② READY-TO-EAT

## green lentil 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:** Green lentil, 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: Wheat

③ FARM-TO-FREEZER

## sweet corn and acorn squash chowder

See label for instructions and ingredients.



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  
608.665.3770 • [pastureandplenty.com](http://pastureandplenty.com)

M 3:30pm-7:30pm T-F 11am-7pm  
SAT 9am-1pm