

# PASTURE AND PLENTY

DECEMBER 27, 2022 | VEGETARIAN

## HOORAY, IT'S TUESDAY!

Hope you all had a great long weekend and that our meal kit helps ease you back into a semblance of routine! Look for our annual end-of-the-year fondue kit with goodies from Landmark Creamery, Winterfell Acres and Madison Sourdough; a cozy veg-laden red curry soup with rice noodles, perfect to warm you up on a chilly day; and a strata bake with feta, roasted red peppers and kale, great for lazy mornings all winter break long! Happy Eating, friends.



**fondue kit from Landmark Creamery with roasted vegetables and MSCo seed & grain boule**



**Thai red curry tofu and vegetable soup with rice noodles**



**sourdough strata with feta, red peppers and kale**



### PRODUCER SPOTLIGHT

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

Madison Sourdough Co.  
Landmark Creamery  
Winterfell Acres  
Vitruvian Farms  
Elderberry Hill Farm  
Happy Valley Farm  
Sartori Cheese

### EXTRA GOODNESS

### snickerdoodle cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 350°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: AP flour, butter, sugar, egg, vanilla, cream of tartar, baking soda, salt, cinnamon

*Contains: Wheat, egg, cinnamon/nutmeg, 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

## fondue kit from Landmark Creamery with roasted vegetables and MSCo seed & grain boule

PREP &  
COOK TIME

40  
MINUTES

IN YOUR BAG

Landmark  
Creamery  
Fondue Kit

Spice Mix

Vegetable Bag

MSCo Seed &  
Grain Boule

PAIR WITH

the brightly fruity  
and silky Shelter  
"Lovely Lilly" Pinot  
Noir 2019

or

the toasty and  
fruity Bière de  
Garde Ambrée  
from Giant Jones

- 1 Preheat oven to 400°F.
- 2 Wash and peel vegetables (if desired), then cut vegetables into bite-sized chunks, about 1/2" to 3/4".
- 3 Toss vegetables with the spice mix, a splash of olive oil, salt and pepper. Spread on a sheet tray and roast until everything is beginning to brown and is cooked through, 25-30 minutes, stirring occasionally.
- 4 While vegetables roast, cut boule into bite-sized cubes. If you want, feel free to toss the bread on the sheet pan to heat up, too, for a minute or two.
- 5 Mealwhile, melt wine and cheese in a separate pot, slowly over low heat, stirring frequently to prevent burning. When cheese is melted and gently simmering,\* pour into a fondue pot for serving or place the saucepan on a trivet on the table.
- 6 Place the roasted vegetables and warmed bread on a communal platter or divide evenly on plates. Use a fork to dip your vegetables and bread into the fondue! Enjoy!

*\*Optional: add a splash of brandy or kirsch at the end of simmering and/or top with a dusting of nutmeg/paprika*

**Landmark Creamery Fondue Kit:** Sheep milk cheese (pasteurized sheep milk, cultures, salt, rennet), corn starch, citric acid, salt, mustard powder, natamycin (to preserve flavor)

**Spice Mix:** Fennel, salt, pepper, onion powder, garlic powder, red chili flake **Vegetable Bag:** Potatoes, carrots, cocktail onions, beets and/or radishes **MSCo Seed & Grain Boule:** Flour (wheat and rye), steel cut oats, sunflower seeds, sesame seeds, flax seeds, water, salt

② READY-TO-EAT

## Thai red curry tofu and vegetable soup with rice noodles

Heat soup in a saucepan over medium-low heat for 6 to 8 minutes, until steaming hot. Add 1/4 of water (per serving) to soup if it seems too thick.

Drop rice noodles into soup, stir to break up bunched noodles, and cook for about 4 to 5 minutes, until noodles are tender and al dente.

While heating the soup and noodles, remove cilantro and basil leaves from stems. Thinly slice scallions, cilantro and basil leaves. Set aside.

Divide the soup and noodles among bowls, top with the sliced herbs and scallion. Dig in!!

**Thai Red Curry Tofu Soup:** Coconut milk, tofu, onion, butternut squash, tofu, broccoli, leek, rainbow chard, cherry tomato, oyster mushroom, red curry paste (garlic, red chili pepper, soybean oil, lemongrass, galangal root, salt, shallot, coriander root, kaffir lime peel, spices), garlic, ginger, thai chile **Rice Noodles:** Rice flour, water **Scallions, Cilantro and Basil**

*Contains: soy, mushroom, coconut*

③ FARM-TO-FREEZER

## sourdough strata with feta, red peppers and kale

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