

PASTURE AND PLENTY

FEBRUARY 20, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

And a GREAT Monday, at that! We have a great lineup this week with: a savory breakfast for dinner farro and feta fritatta with mixed greens and a balsamic vinaigrette; our fan-fave gumbo, just in time for Mardi Gras; and comforting lentil cacciatore over creamy polenta! And, let us know what you think about the polenta! La Cosecha just debuted a new product – stone ground hominy grits – that we used for it and we're super excited to share it with you!

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farro feta fritatta with greens and balsamic vinaigrette

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red bean, cauliflower and sweet corn gumbo with scallion rice and P&P hot sauce

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lentil cacciatore over creamy polenta



PRODUCER SPOTLIGHT

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

Meadowlark Organics

Vitruvian Farms

Tina's Flock

Winterfell Acres

Happy Valley Farm

La Cosecha

EXTRA GOODNESS

brown butter chocolate chip 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, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt.

Contains: Milk, wheat, egg, 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

farro feta frittata with greens and balsamic vinaigrette

PREP &
COOK TIME

25
MINUTES

IN YOUR BAG

Farro Mix

Egg Mix

Balsamic
Vinaigrette

Mixed Greens

PAIR WITH

the dry and
complex

Christophe Avi
Agenais Rosé
or

the balanced and
crisp New Glarus
Moon Man No
Coast Pale Ale

- 1 Season egg mix with salt and pepper. In a bowl, mix together the farro mix and egg mixture.
- 2 Heat a skillet, preferably non-stick, over medium-high heat: meal kits for 1, should use a 6"-8" pan; meal kits for 2 should use a 8"-10" pan; and meal kits for 4 should use a 10"-12" pan. Hold your hand above it; it should feel hot. Add a splash of olive oil and swirl it around to coat the pan. Once the oil is rippling and hot, scrape in egg and farro salad mixture; distributing eggs and filling evenly over surface.
- 3 After the bottom layer of egg has set, about 1-2 minutes, turn heat down to very low, cover (use a pizza pan if you don't have a lid that will fit your skillet), and cook 10 minutes, shaking pan gently every once in a while. From time to time remove lid and loosen the bottom of the frittata with a spatula, tilting the pan, so that more egg runs underneath.
- 4 Meanwhile, heat broiler. Once the entire frittata is mostly set and firm, except in the center, uncover pan and place under the broiler, not too close to the heat. Broil for 1 to 3 minutes, watching very carefully to make sure top doesn't burn (it should brown slightly and puff under the broiler). Remove from heat, shake the pan to make sure the frittata isn't sticking, and allow it to cool for at least 5 minutes and for up to 15.
- 5 While the frittata is cooling, toss the mixed greens with balsamic vinaigrette (to taste).
- 6 To serve, loosen edges of the frittata with a wooden or heat-proof rubber spatula. Carefully slide frittata from pan onto a large round plate or cutting board; cut into wedges. Plate frittata slices with greens alongside! Enjoy!

Farro Mix: Farro, onion, leek, oyster mushroom, spinach, kale, feta (milk, culture, salt enzyme), red wine vinegar, salt, pepper, red chile flake **Egg Mix:** Egg, milk **Balsamic Vinaigrette:** Canola oil, balsamic vinegar, red wine vinegar, dijon mustard, garlic, salt, sugar, pepper **Mixed Greens**

Contains: Milk, wheat, egg, mushroom

② READY-TO-EAT

red bean, cauliflower and sweet corn gumbo with scallion rice and P&P hot sauce

Heat gumbo over medium heat in saucepan until hot, with up to 1/2 cup of water.

Heat rice over low heat in a second saucepan until hot, with up to 1/4 cup of water.

Plate gumbo alongside rice. Top with hot sauce (as desired). Enjoy!"

Gumbo: Vegetable stock, red bean, onion, celery, green bell pepper, cauliflower, okra, sweet corn, ap flour, butter, garlic, cayenne, pepper, bay leaf, thyme, filé powder, salt **Scallion Rice:** Converted rice, water, scallion, bay leaf, salt **Hot Sauce:** Water, white vinegar, red bell pepper, onion, carrot, habañero pepper, jalapeño pepper, garlic, salt, sugar

Contains: Milk, wheat

③ FARM-TO-FREEZER

lentil cacciatore over creamy polenta

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