

PASTURE AND PLENTY

FEBRUARY 27, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

Who else is excited for P&P's signature pizza kit this week? We sure are! Even after we made almost 450 pounds of pizza dough, if you can believe it. And, if you need any pointers on forming and tossing your pizza dough, we've got you. Head to today's email newsletter for a link to a video we put together showing some tips and tricks on how to make the perfect crust. And, as always, if you have any questions, just let us know!

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P&P pizza kit with BBQ chix, kale and pickled red onions

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doenjang jjigae with sesame scallion rice and chile crunch

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baked ziti with roasted eggplant, spinach and sarvecchio besciamella



PRODUCER SPOTLIGHT

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

JustVeggiez

Winterfell Acres

Alsum Sweet Corn

Vitruvian Farm

Marr's Valley View Farm

Sartori Cheese

Saffi Saana

EXTRA GOODNESS

double chocolate cupcakes

Instructions: Keep cupcakes and buttercream refrigerated. To assemble: bring both to room temperature; then, use a butter knife or offset spatula to frost the cupcakes. Enjoy within 5 days!

Ingredients: Chocolate Cake (sugar, ap flour, buttermilk, coffee, cocoa powder, oil, eggs, baking soda, vanilla, baking powder, salt), chocolate buttercream (powdered sugar, cocoa powder, butter, milk, vanilla).

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

P&P pizza kit with BBQ chix, kale and pickled red onions

PREP &
COOK TIME

90
MINUTES

IN YOUR BAG

Pizza Dough

BBQ Chix

BBQ Sauce

Cheese Blend

Pickled Red
Onion, Corn and
Cilantro

Kale

PAIR WITH

the natural and
slightly funky
FUSO Vino
Rosso
or
with the hoppy
Fantasy Factory
IPA from
Karben4
Brewing

- 1 At least one hour before baking, take dough out of refrigerator. Remove from packaging with floured hands, split into individual dough balls (one per person) and place on lightly floured surface. Cover with a kitchen towel and let rest.
- 2 Preheat oven to 425°F; if you have a convection setting now would be a great time to use it.
- 3 Meanwhile, rinse and dry the kale leaves. Strip kale leaves from the stems and roughly chop. Massage kale with a bit of olive oil, salt and red pepper flakes (if desired).
- 4 On the baking sheet, gently press down and stretch each pizza dough ball out to an 8 to 10" circle; they should be thin with slightly thicker edges
- 5 Spread the bbq sauce on top of the dough, then distribute the chix evenly over it. Sprinkle the pickled red onion, corn and cilantro evenly all over, followed by the kale. Top evenly with the cheese blend.
- 6 Bake in preheated oven until crust is golden brown and cheese is melted, about 12 to 15 minutes. Remove from oven and slice with a large knife or pizza cutter. Dig in!

Pizza Dough: Bread flour, water, 00 flour, olive oil, yeast, salt, sugar **BBQ Chix:** Chix (soybean protein, soybean oil, pepper, white pepper, Chinese five spice powder [cinnamon, star anise, fennel seeds, cloves]), bbq sauce (ketchup, white wine vinegar, apple cider vinegar, molasses, brown sugar, salt, pepper, garlic powder, onion powder, cumin, paprika) **BBQ Sauce:** Ketchup, white wine vinegar, apple cider vinegar, molasses, brown sugar, salt, pepper, garlic powder, onion powder, cumin, paprika **Cheese Blend:** Mozzarella (milk, salt, culture, enzyme), provolone (milk, salt, culture, enzyme), cheddar (milk, salt, culture, enzyme, annatto) **Pickled Red Onion, Corn and Cilantro:** Red onion, corn, white wine vinegar, cilantro, salt, sugar, chili de arbol, bay leaf, peppercorn **Kale**

Contains: Soy, wheat, milk, cinnamon/nutmeg

② READY-TO-EAT

doenjang jjigae with sesame scallion rice and chile crunch

Heat soup 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.

Ladle soup into bowl, then place rice in the middle. Top with chile crunch to taste (be careful of the spice). Enjoy!

Doenjang Jjigae: Vegetable stock, onion, tofu, yukon potato, butternut squash, oyster mushroom, shiitake mushroom, red miso (water, soybeans, rice, salt, alcohol), gochujang (wheat flour, corn syrup, water, hot pepper powder, salt, wheat, distilled alcohol [contains barley, wheat], defatted soybean powder, koji), garlic, scallion, radish, gochugaru, rice wine vinegar. **Scallion Rice:** Converted rice, water, scallion, salt, black sesame seed, white sesame seed, sesame oil **Chile Crunch:** Sunflower oil, guajillo pepper, ancho pepper, pasilla pepper, black sesame seed, white sesame seed, shallot, garlic, ginger, salt, pepper

Contains: Soy, sesame, mushroom, alcohol

③ FARM-TO-FREEZER

baked ziti with roasted eggplant, spinach and sarvecchio besciamella

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