

# PASTURE AND PLENTY

MARCH 20, 2023 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited for a flavor-packed week of food, y'all. We want to slather that spiced tomato thyme jam on everything, we can wait to tear into Tart's ever-perfect buttery and flaky crusts, and we're stoked about the creamy, peanutty and just spicy enough Senegalese-inspired mafé! Add in a white chocolate and lavender blondie that hints at a sweet Spring to come and we are in heaven. Eat up!

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**roasted cauliflower steak**  
with creamy polenta, tomato thyme jam  
and honey roasted carrots

.....



**Tart's roasted brussels sprout**  
and fontina galettes with greens  
and maple mustard vinaigrette

.....



**sweet potato mafé with brown rice**



### PRODUCER SPOTLIGHT

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

Happy Valley Farm  
Gentle Breeze Honey  
La Cosecha  
Driftless Organics  
Winterfell Acres  
Tart  
Saffi Saana

### EXTRA GOODNESS

## white chocolate lavender blondies

Instructions: Store at room temperature and enjoy within 3 days.

Ingredients: Butter, ap flour, brown sugar, sugar, eggs, white chocolate, lavender, vanilla extract, cornstarch, salt, baking powder

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

### roasted cauliflower steak with creamy polenta, tomato thyme jam and honey roasted carrots

PREP &  
COOK TIME

45  
MINUTES

IN YOUR BAG

Cauliflower

Herb Marinade

Polenta

Tomato Thyme  
Jam

Honey Glaze

Carrots

PAIR WITH

the lively and  
fruity Populis  
Reversée  
Zinfandel Blend  
or  
the slightly bitter  
and citrusy Bold  
Font All Caps  
Hazy IPA from  
Working Draft

- 1 Preheat oven to 425°F.
- 2 Prep the vegetables. 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 cauliflower with the marinade and let sit. Peel the carrots and diagonally cut into 2" pieces. Spread the carrots out on one side of a sheet pan and coat with honey sauce. Spread on the marinated cauliflower on the second half of the sheet pan, season with salt and pepper.
- 3 Roast vegetables in the preheated oven for about 20 minutes, stirring halfway through. After 20 minutes, check for doneness. Both the carrots and cauliflower should 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 every 5 minutes (and gently stirring or flipping the veg each time).
- 4 Meanwhile, warm creamy polenta in a saucepan over medium heat, adding a little water or milk and stirring occasionally, until hot, about 8 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave on Medium High until hot, 3 to 8 minutes; stir halfway through heating time, and add in a small amount of water or milk if needed.
- 5 Divide polenta onto individual serving plates, top with cauliflower steaks and tomato thyme jam; serve honey roasted carrots on the side. Enjoy!

**Herb Marinade:** Sunflower oil, olive oil, apple cider vinegar, red wine vinegar, thyme, rosemary, parsley, garlic, shallot, salt, pepper  
**Polenta:** La Cosecha's stone ground hominy grits, vegetable stock, whole milk, sarvecchio (milk, cheese cultures, salt, enzymes), spices, red wine vinegar, salt, pepper  
**Tomato Thyme Jam:** Tomatoes, sugar, lemon juice, ginger, red pepper flakes, thyme, salt, cinnamon, cumin  
**Honey Glaze:** Honey, white wine vinegar, olive oil, brown sugar, red chile flake, salt, garlic powder, onion powder, paprika, salt, pepper  
**Cauliflower, Carrots**

*Contains: Cinnamon/nutmeg, milk*

## ② READY-TO-EAT

### Tart's roasted brussels sprout and fontina galettes with greens and maple mustard

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Dig in!

**Galette:** Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin (vitamin B3), reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), hard white whole wheat flour, sugar, kosher salt, butter(pasturized cream, natural flavor), brussels sprouts, shallot, onion, parmesan cheese, fontina cheese, lemon zest, lemon juice, olive oil, mustard (water, mustard seeds, vinegar, salt, citric, acid, sulphite), chili flake  
**Vinaigrette:** Sunflower oil, canola oil, apple cider vinegar, whole grain mustard, Dijon mustard, maple syrup, garlic, salt, pepper  
**Mixed Greens**

*Contains: Milk, wheat*

## ③ FARM-TO-FREEZER sweet potato mafé with brown rice

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