

# PASTURE AND PLENTY

MAY 1, 2023 | OMNIVORE

## HOORAY, IT'S MONDAY!

Anytime La Cosecha's tortillas come around, we start counting down the days until we get to enjoy them! La Cosecha makes fresh tortillas with stone-ground local organic corn (from our friends at Meadowlark Organics), using traditional nixtamalization techniques. These tortillas are a real treat; so tender and delicious, full of actual corn flavor, they're nothing like the mass produced corn tortillas you buy at the grocery store. You'll taste the difference, no question!

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**blackened salmon taco kit**  
with mango sweet corn salsa and refried black beans with chorizo

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**kale caesar salad**  
with roasted chicken and vegetables

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**cranberry bean risotto**  
with lemon, herbs and greens

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### PRODUCER SPOTLIGHT

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

Vitruvian Farms

Bering Bounty

La Cosecha

Madison Sourdough Co.

Just Veggiez

Sartori Cheese

Alsum Sweet Corn

Wonderstate Coffee

Winterfell Acres

Saffi Saana

Meadowlark Organics

### EXTRA GOODNESS

## lime butter cookie

Instructions: Store at room temperature and enjoy within 5 days!

Ingredients: ap flour, butter, cream cheese, powdered sugar, cornstarch, limes, vanilla extract, salt

Contains: Milk, wheat

### 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

## blackened salmon taco kit with mango sweet corn salsa and refried black beans with chorizo

PREP & COOK TIME

30  
MINUTES

IN YOUR BAG

Bering Bounty Salmon (keep frozen)

La Cosecha Tortillas

Spice Mix

Mango Sweet Corn Salsa

Queso Fresco

Refried Black Beans with Chorizo

PAIR WITH

the natural and fresh Mother Rock "Force Celeste" Chenin Blanc or with with the light and crisp To Those Who Wait Czech-Style Pilsner

- 1 To quick-thaw your fish, keep fish in the vacuum-sealed packaging and submerge it in cold tap water, changing water every 30 minutes; it should take 30 minutes to an hour. Prepare and consume fish immediately after thawing.
- 2 Preheat the oven to 350°F. Line a sheet pan with parchment paper or foil (for easy cleaning). Remove salmon from packaging; rub the flesh side of your salmon with olive oil and then season with the spice mix (use less to make it less spicy!). Place salmon straight onto the lined sheet pan.
- 3 Roast salmon in the preheated oven for 10 to 15 minutes until it is cooked to taste. The salmon tail or belly should begin to crack slightly – flesh should flake gently away and be slightly translucent at the skin of the thickest point (the USDA recommends cooking salmon to 145°F or well-done). Generally, you'll need about 10 minutes of cooking per inch of thickness (or height) of your salmon fillet. Once cooked, salmon can easily be removed from the skin and flaked into large chunks with a fork.
- 4 Meanwhile, gently reheat the refried beans in a saucepan over medium-low heat for about 4 to 6 minutes, or until hot. Stir occasionally, adding a splash of water if needed to prevent sticking. .
- 5 Reheat tortillas in a hot skillet, 5 seconds per side; keep flipping until flexible and warm. Alternatively, wrap tortillas in a damp paper towel and microwave for 30 seconds. Keep tortillas wrapped in a towel after heating to keep them warm and pliable until you're ready to eat.
- 6 Build tacos using blackened salmon chunks and the mango sweet corn salsa. Serve the refried beans alongside your tacos. Top everything with queso fresco and dig in!

**Bering Bounty Salmon:** Keep Frozen **La Cosecha Tortillas:** Corn,

salt, water, lime **Spice Mix:** Brown sugar, coffee, salt, pepper,

garlic powder, onion powder, cumin, coriander, paprika, cayenne

**Mango Sweet Corn Salsa:** Mango, red bell pepper, red onion, corn,

jalapeño, cilantro, lime, salt, pepper **Queso Fresco:** Pastuerized milk,

salt, cheese culture, enzymes **Refried Black Beans with Chorizo:**

Black beans, chorizo (pork, spices), onion, tomato, carrot, cilantro,

jalapeño, garlic, cumin, spices, salt, black pepper

*Contains: Fsh, pork, milk (optional)*

② READY-TO-EAT

## kale caesar salad with roasted chicken & vegetables

Preheat a heavy bottomed skillet (or grill pan) over high heat, then add a drizzle of olive oil. Add your chicken and vegetables, stirring every 2 minutes or so until everything is heated through and crispy on the edges. An instant read thermometer inserted in the middle of the largest piece of chicken should read 165°F.

While that's reheating, rinse and dry the kale. Strip the kale leaves from the stems and coarsely chop. Massage kale leaves with half of the caesar dressing and toss with the croutons.

Portion kale salad onto plates, top with roasted vegetables and chicken. Spoon remaining caesar dressing over the top (as desired) and sprinkle with sarvecchio. Dig in!

**Chicken & Vegetables:** Chicken, carrot, radish, turnip, olive oil, salt pepper **Croutons** MSCO bread (flour, water, salt), olive oil, garlic, salt, pepper **Omni Caesar Dressing:** Canola oil, champagne vinegar, dijon mustard, sarvecchio (milk, salt, culture, enzyme), egg yolk, garlic, anchovy, salt, pepper **Sarvecchio:** Milk, salt, culture, enzyme

*Contains: Milk, wheat, poultry, egg, fish*

③ FARM-TO-FREEZER

## cranberry bean risotto with lemon, herbs and greens

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