

PASTURE AND PLENTY

MAY 1, 2023 | VEGETARIAN

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!



blackened local mushroom taco kit with mango sweet corn salsa and refried black beans



kale caesar salad with roasted "chix" and vegetables



cranberry bean risotto with lemon, herbs and greens



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 local mushroom taco kit with mango sweet corn salsa and refried black beans

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Local
Mushrooms

La Cosecha
Tortillas

Spice Mix

Mango Sweet
Corn Salsa

Queso Fresco

Refried Black
Beans

PAIR WITH

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

- 1 Preheat oven to 425°F. Spread mushrooms in a single layer on a sheet tray; drizzle with olive oil and sprinkle with spice mix (adding less if you want it less spicy) and toss to coat evenly.
- 2 Roast mushrooms in preheated oven for about 20 minutes, flipping the mushrooms and rotating the pan halfway through. When done, mushrooms should be golden brown and crisp around the edges. If not done, stir mushrooms and roast longer, checking for crispness in 5 minute increments.
- 3 Meanwhile, gently reheat 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.
- 4 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.
- 5 Build tacos using roasted mushrooms and the mango sweet corn salsa. Serve the refried beans alongside your tacos. Top everything with queso fresco and dig in!

Local Mushrooms: Oyster mushrooms **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:** Black bean, onion, garlic, cumin, coriander, paprika, guajillo, lime, salt, pepper

Contains: Mushroom, milk (optional)

② READY-TO-EAT

kale caesar salad with roasted "chix" and vegetables

Preheat a heavy bottomed skillet (or grill pan) over high heat, then add a drizzle of olive oil. Add your "chix" 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 "chix" should read 165°F.

While the "chix" and vegetables are 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 "chix". Spoon remaining caesar dressing over the top (as desired) and sprinkle with sarvecchio. Dig in!

"Chix" & Vegetables: Chix (soybean protein, soybean oil, pepper, white pepper, Chinese five spice powder [cinnamon, star anise, fennel seeds, cloves]), carrot, radish, turnip, olive oil, salt pepper **Croutons** MSCo bread (flour, water, salt), olive oil, garlic, salt, pepper **Vegetarian Caesar Dressing:** Canola oil, champagne vinegar, dijon mustard, sarvecchio (milk, salt, culture, enzyme), egg yolk, garlic, tamari, salt, pepper **Sarvecchio:** Milk, salt, culture, enzyme

Contains: Milk, wheat, soy, egg, cinnamon/nutmeg

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