

PASTURE AND PLENTY

MAY 22, 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!



P&P pizza kit with garlic lemon cream sauce, sautéed mushrooms, kale, asparagus and ramp pesto



Somali white bean stew over cilantro rice with basbaas



Southwestern corn chowder



PRODUCER SPOTLIGHT

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

Marshview Farm

Sassy Cow Creamery

Driftless Dane Farm

Sartori Cheese

Vitruvian Farms

Alsum Sweet Corn

Saffi Saana

EXTRA GOODNESS

rhubarb chocolate cake

Instructions: Store in refrigerator and enjoy within 5 days. Reheat in microwave for 5-10 seconds to warm up before eating.

Ingredients: sugar, ap flour, sunflower oil, cocoa, rhubarb, eggs, chocolate, vanilla, baking powder, salt

Contains: *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 garlic lemon cream sauce, sautéed mushrooms, kale, asparagus and ramp pesto

PREP & COOK TIME

30
MINUTES

IN YOUR BAG

Pizza Dough

Vegetable Bag

Cream Sauce

Ramp Pesto

Roasted
Mushrooms
(optional)

Parmesan

PAIR WITH

lively Sylvain
Minitot Saint-
Pourçain Rosé
or
with with the
wheaty Pale
Weizenbock
from Giant
Jones Brewing
Company

- 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. Snap off and discard the tough bottoms of the asparagus spears; cut into 2-inch lengths. Massage kale with a bit of olive oil, salt and red pepper flakes (if desired) and toss with asparagus.
- 4 On the baking sheet, gently press down and stretch each pizza dough ball out to an 8 to 10" circle (or roll out with a rolling pin); they should be thin with slightly thicker edges.
- 5 Spread the cream sauce on top of the dough, then distribute the roasted mushrooms evenly. Top evenly with kale and asparagus, sprinkle parmesan evenly all over, then drizzle the pesto over top.
- 6 Bake in preheated oven until crust is golden brown, kale is crispy and the 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 **Vegetable Bag:** Asparagus, kale **Cream Sauce:** Cream, shallot, garlic, lemon, salt, pepper **Ramp Pesto:** Spinach, canola oil, parmesan (milk, salt, enzyme), ramps, red wine vinegar, basil, salt, red chili flake, pepper. **Parmesan:** Parmesan (milk, salt, culture, enzyme), cheese, red chile flake, lemon **Roasted Mushrooms:** Oyster mushroom, olive oil, salt, pepper

Contains: Wheat, milk, mushroom (optional)

② READY-TO-EAT

Somali white bean stew over cilantro rice with basbaas

Reheat stew in a saucepan over medium heat, stirring occasionally, until hot, about 6-8 minutes, adding a little water as necessary.

Warm cilantro rice in a separate saucepan over medium-low heat, adding a little water 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.

Plate Somali stew alongside cilantro rice and drizzle basbaas (to taste) over top. Enjoy!

Somali White Bean Stew: White bean, potato, water, red bell pepper, red onion, carrot, tomato paste, garlic, olive oil, lime, salt, red wine vinegar, harissa powder (dried chili peppers, salt, spices, garlic), cinnamon, coriander, cumin, pepper, turmeric, clove, cayenne **Cilantro Rice:** Converted rice, water, cilantro, lime, salt **Basbaas:** Greek yogurt, rice vinegar, cilantro, jalapeño, garlic, salt

Contains: Cinnamon/nutmeg, milk (optional), medium spice (optional)

③ FARM-TO-FREEZER

Southwestern corn chowder

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
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-1pm