

PASTURE AND PLENTY

MAY 30, 2023 | OMNIVORE

HOORAY, IT'S TUESDAY!

Hope y'all had a marvelous Memorial Day weekend! We're back at it with a flavor-packed menu for this short week. Look for: grilled jerk chicken with Caribbean black beans, red cabbage slaw and mango chutney; a Spring panzanella salad with Madison Sourdough bread and alllll of the vegetables, topped with a whipped ricotta; and tamale pies chock-full of corn, bell peppers and braised beef. Oh happy day!



jerk chicken
with Caribbean black beans, purple
cabbage slaw and mango chutney



Spring panzanella salad
with artichokes, chickpeas, asparagus
and lemon dill vinaigrette and whipped
ricotta



braised beef tamale pie



PRODUCER SPOTLIGHT

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

Driftless Organics

Elderberry Hill Farm

Madison Sourdough, Co.

Winterfell Acres

Marshview Farm

Arndt Farm

Vitruvian Farms

La Cosecha

EXTRA GOODNESS

almond poppy seed muffins

Instructions: Store at room temperature for up to 4 days. Reheat briefly before enjoying.

Ingredients: AP flour, sugar, milk, sunflower oil, eggs, poppy seeds, vanilla extract, almond extract, baking powder, salt

Contains: *Wheat, egg, milk, tree nut*

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

jerk chicken with black beans, slaw and mango chutney

PREP & COOK TIME

30 MINUTES

GRILLING INSTRUCTIONS

- Put frozen chicken in a baking dish, add jerk marinade and coat well. Cover and marinate, refrigerated, for at least 6 hours, but preferably overnight. To moderate the spice levels, either use less of the marinade and/or marinate for less time.
- Set up your grill for dual-zone cooking. On a gas grill: turn half your burners (or elements on an electric grill) on high — direct heat — and half on low — indirect heat. On a charcoal grill: get your coals good and white and, instead of spreading them evenly over the lower grate, bank all the coals to one side of the grill to create your high direct heat zone (and the the side with no coals is your indirect low heat zone).
- Remove chicken from marinade and temper at room temperature while the grill preheats. Place chicken on the cooler side of the grill, skin-side down to start. Cover and continue to cook until the coolest part of the chicken breast registers 145°F on an instant-read thermometer, about 30 minutes.
- Uncover grill and wait 5 minutes until coals are hot again (if using gas grill, increase all-over heat to high). Transfer the chicken to the hot side of the grill skin side up. Cook the chicken until lightly charred, about 5 minutes. Flip chicken and continue to cook until skin is crisp and charred and coolest part of breast registers 165°F on an instant-read thermometer, 4 to 6 minutes longer.
- While the chicken is grilling, reheat the beans in a saucepan over medium-low heat, adding a little water and stirring occasionally, until hot, about 8 minutes. Also give the slaw a quick toss to redistribute the dressing.
- Plate the chicken with the black beans and slaw, serving the mango chutney alongside. Dig in!

OVEN INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat a your oven to 400°F (convection, if possible). Place chicken on a sheet pan, skin side up, and cook until skin develops an even deep, dark mahogany char and it gets slightly crisped and rendered, about 35-45 minutes. The middle of the chicken should read 165°F on an instant-read thermometer.

Beans: Black bean, water, orange, lime, allspice, garlic, nutmeg, salt, pepper
Slaw: Purple cabbage, carrot, jalapeño, radish, lime, cilantro, salt, pepper
Mango Chutney: Mango, onion, red bell pepper, cilantro, olive oil, brown sugar, water, garlic, coriander, salt, cardamom, clove, red pepper flake, champagne vinegar
Marinade: Soy sauce, olive oil, ginger, garlic, habañoero, brown sugar, scallion, nutmeg, lime, thyme, salt, pepper
Chicken Quarter

Contains: Poultry, cinnamon/nutmeg, soy

IN YOUR BAG

- Chicken Quarter
- Caribbean Black Beans
- Purple Cabbage Slaw
- Mango Chutney
- Jerk Marinade

PAIR WITH the fresh and fruity Hunky Dory Sauvignon Blanc or with the light and crisp To Those Who Wait Czech-Style Pilsner from Working Draft

② READY-TO-EAT

Spring panzanella salad

Put the greens, vegetables and croutons in a large bowl. Toss gently, then pour in half of the vinaigrette and toss again until well combined. Taste and adjust the seasonings, adding more vinaigrette, salt and pepper as desired.

Plate the panzanella and top with a dollop of whipped ricotta. Enjoy!

MSco Croutons: Flour, water, olive oil, salt, pepper
Panzanella Vegetables: Chickpea, marinated artichoke (olive oil, white wine vinegar, salt, red pepper flake, rosemary, thyme, oregano, lemon, garlic), asparagus, radish, turnip
Vinaigrette: Canola oil, apple cider vinegar, white wine vinegar, olive oil, dijon mustard, lemon, water, sugar, garlic, dill, salt, pepper
Ricotta: Ricotta, heavy cream, ramps, herbs, lemon, olive oil, salt, pepper
Mixed Greens

Contains: Wheat, milk (optional)

③ FARM-TO-FREEZER

braised beef tamale pie

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