

PASTURE AND PLENTY

JULY 24, 2023 | OMNIVORE

HOORAY, IT'S MONDAY!

We have another summery menu today for y'all! Look for: grilled polenta cakes with grilled seasonal veg, skirt steak and a flavor-packed chimichurri sauce; gado gado, an Indonesian composed salad chock-full of potatoes, crispy tofu and crunchy veg, all topped with a peanut sauce; and our take on sopa de lima, a bright Yucatecan twist on classic Mexican tortilla soup, full of citrus flavor! Bright, bold and just what this hot weather calls for!



grilled skirt steak with polenta cakes, summer veg and chimichurri sauce



gado gado with crispy tofu and peanut satay sauce



Yucatán-style sopa de lima with chicken and zucchini



PRODUCER SPOTLIGHT

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

- Winterfell Acres
- Vitruvian Farms
- La Cosecha
- Elderberry Hill Farm
- Saffi Saana
- Sartori Cheese
- Hook's Cheese
- Half-the-Forty Acres Farm

EXTRA GOODNESS

white chocolate & dried cherry blondies

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

Ingredients: AP flour, brown sugar, sugar, butter, white chocolate, dried cherry, egg, vanilla, cornstarch, salt, baking powder.

Contains: *Wheat, milk, chocolate, egg*

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

grilled skirt steak with polenta cakes, summer veg & chimichurri

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Skirt Steak
(keep refrigerated)

Chimichurri

Polenta

Vegetable Bag

PAIR WITH

the fresh and
fruity El Jefe
Tempranillo
or
the crisp and
balanced Two
Women Lager
from New
Glarus Brewing

GRILLING INSTRUCTIONS

- 1 Preheat grill for medium-high heat. While the grill is preheating, get your prep on! First, wash and dry all vegetables in the veg bag. Trim and peel turnips, then halve or quarter (depending on size). Trim zucchini and/or summer squash, slice in half lengthwise, then cut into 1/2" thick half-moon slices. Peel and trim carrots before cutting into slices similar in size to the zucchini/summer squash. Leave tomatoes whole. In a bowl, season veg with salt, pepper, and a splash of olive oil. Last, remove your skirt steak from its packaging, then coat both that and polenta with a thin layer of olive oil, then season steak generously with salt and pepper.
- 2 Carefully place your veg in a grill basket. If you don't have a grill basket, shape a large piece of foil into the shape of a box, poke holes in it (to allow the heat and smoke to come through) and place it on the grill; add your veggies to your foil basket. Cook the veg until well-caramelized and slightly softened. Remove from grill and place back in your bowl. Taste for seasoning and add salt and pepper, if needed.
- 3 At the same time, place steak on the grill, and sear the first side until browned, about 2 to 4 minutes. Flip and cook another 2 to 4 minutes. For medium rare doneness, cook steak until it reaches an internal temperature of 130°F* (when measured with an instant thermometer). Transfer steak to a cutting board, loosely cover with foil, and allow to rest. Just before serving, slice the steak across the grain, into about 1/4-inch thick slices.
- 4 While grilling the steak, you'll also want to grill your polenta slices! Place polenta slices on grill. Cook until grill marks appear or when nicely browned and crisp, usually in about two to three minutes, then turn and brown the other side.
- 5 To plate, place your polenta cakes on the plate, with the skirt steak on one side and grilled veg on the other. Drizzle the chimichurri over it all. Enjoy!

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat oven to 425°F. Toss veg onto a sheet pan and roast for 15 to 20 minutes, stirring halfway through. Veg should be charred and slightly softened. Place polenta cakes on the sheet pan (or a separate one) and heat through, about 5 minutes. Meanwhile, heat a small amount of olive oil or butter in a skillet over medium-high heat. Place skirt steaks in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 130°F, or to desired doneness.*

*Consuming raw or undercooked meat may increase your risk of foodborne illness.

Skirt Steak: Keep Refrigerated **Chimichurri:** Cilantro, parsley, olive oil, onion, jalapeño, garlic, red wine vinegar, lime, salt, pepper **Polenta:** Corn, water, parmesan, mozzarella, provolone, cheddar, red wine vinegar, salt, red chile flake, pepper **Vegetable Bag:** Zucchini and/or summer squash, turnip, tomato, carrot

Contains: Milk, beef

② READY-TO-EAT

gado gado with tofu & peanut sauce

Heat a large frying pan over medium-high. When hot, drizzle with 1 to 2 tablespoons oil and add the tofu. Fry for around 5 minutes or until heated through and crispy again, flipping occasionally. Alternatively, reheat the tofu in the microwave for about 30 seconds, stirring halfway through.

To serve, divide the asparagus and potatoes, raw vegetables and crispy tofu over several serving plates or assemble it all on one large serving platter. Drizzle each plate generously with the peanut sauce. Dig in!

Tofu: Tofu, garlic, onion, chili powder, cumin, coriander, salt, pepper **Peanut Satay Sauce:** Peanut, water, shallot, garlic, soy sauce, rice vinegar, red curry paste (dried chile pepper, garlic, shallot, salt, lemongrass, sugar, kaffir lime, galangal, spices, citric acid), brown sugar, sriracha, salt **Raw Vegetables:** Cabbage, cucumber, bell peppers, red radish **Green Beans & Potatoes:** Green beans, colored potatoes, salt, pepper.

Contains: Soy, peanuts, wheat

③ FARM-TO-FREEZER

Yucatán-style sopa de lima with chicken and zucchini

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