

PASTURE AND PLENTY

AUGUST 7, 2023 | OMNIVORE

HOORAY, IT'S MONDAY!

We're traveling the world with our flavors this week, y'all, and we hope you like it! Get excited for: carnitas taco kits with roasted tomato-chile sauce, slaw and smoky pinto beans; seared wild-caught salmon with summer vegetable saffron risotto and mushroom compound butter; and mixed vegetable and paneer korma (a rich, creamy golden Indian sauce thickened with cashews) with herbed rice pilaf. Enjoy!



carnitas taco kit
with roasted tomato-chile sauce, slaw
and smoky pinto beans



seared salmon with summer
vegetable saffron risotto and mushroom
compound butter



**mixed vegetable and paneer
korma** with herbed rice pilaf



PRODUCER SPOTLIGHT

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

Elderberry Hill Farm

Winterfell Acres

Driftless Organics

Crossroads Community Farm

La Cosecha

Vitruvian Farms

Happy Valley Farm

Saffi Saana

Sassy Cow Creamery

EXTRA GOODNESS

peanut butter blossom cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 325°F. Place cookies on parchment-lined or greased cookie sheet and flatten to ~1/2" thick rounds. Bake in preheated oven for ~10-12 minutes until golden, rotating halfway through for an even bake.

Ingredients: Peanut butter, oat flour, brown sugar, baking powder, vanilla, salt

Contains: Peanut

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

carnitas taco kit with roasted tomato-chile sauce, slaw and smoky pinto beans

PREP & COOK TIME

45 MINUTES

IN YOUR BAG

- Carnitas
- La Cosecha Tortillas
- Queso Fresco
- Roasted Tomato-Chile Sauce
- Slaw
- Smoky Pinto Beans

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

- 1 Position oven rack close to broiler; preheat broiler to High. Spread carnitas in a single layer on a foil-lined sheet tray, roast in oven until hot and crispy, about 3 to 5 minutes. Alternatively, reheat carnitas in a skillet over medium-high heat for about 3 to 5 minutes, until hot and crispy.
- 2 Reheat your pinto beans in a small saucepan over low heat until heated through, about 5 minutes. Stir occasionally and add a splash of water or oil as needed to prevent sticking.
- 3 While those are reheating, warm your 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.
- 4 Give the slaw a stir to redistribute the vinaigrette.
- 5 Build tacos using carnitas, queso fresco, and the roasted tomato-chile salsa. Serve the pinto beans and slaw alongside your tacos. Dig in!

Carnitas: Pork, onion, orange, brown sugar, beer, garlic, lime, salt, paprika, cumin, coriander, pepper **La Cosecha Tortillas:** Corn, salt, water, lime **Queso Fresco:** Pasteurized whole milk, salt, enzymes, culture **Roasted Tomato-Chile Sauce:** Canola oil, tomato, apple cider vinegar, guajillo chile, garlic, chile de arbol, salt, pepper **Slaw:** Green cabbage, green bell pepper, corn, mayo (sunflower oil, red wine vinegar, dijon mustard, salt, pepper, lemon), cilantro, lime, lemon, paprika, oregano, cumin, coriander, salt **Smoky Pinto Beans:** Pinto bean, onion, guajillo chile, garlic, tomato paste, brown sugar, salt, cumin, oregano, paprika, pepper

Contains: Pork, alcohol, milk

② READY-TO-EAT

seared salmon with saffron risotto and mushroom compound butter

To quick-thaw your fish, keep it in the vacuum-sealed packaging and submerge in cold tap water, changing water every 30 minutes; it should take about an hour. Prepare and consume fish immediately after thawing.

Rub flesh side of salmon with olive oil, then season with salt and pepper. Pre-heat a frying pan over medium heat; add a splash of olive oil and heat until shimmering. Place salmon in hot pan, skin-side down and do not flip. Cover with lid and cook, about 8 to 10 minutes. The salmon should begin to crack slightly — the flesh should flake gently away and be slightly translucent at the thickest point (the USDA recommends cooking salmon to 145°F). Generally, you'll need about 10 minutes of cooking per inch of thickness (or height) of your salmon fillet.

Meanwhile, gently reheat risotto with up to 1/2 cup of water, stirring often until warm, bubbly and starting to get sticky, about 6 to 8 minutes.

Divide risotto onto plates, nestle salmon fillets on top and dollop on the mushroom butter, so it will melt over it all. Enjoy!

Salmon: Keep Frozen **Risotto:** Arborio rice, vegetable stock, zucchini, yellow squash, onion, kale, oyster mushroom, red wine vinegar, white wine, scallion, salt, garlic, saffron, red chile flake **Mushroom Compound Butter:** Butter, red onion, cremini mushroom, red wine, garlic, thyme, salt, lemon, pepper

Contains: Fish, milk, mushroom, alcohol

③ FARM-TO-FREEZER

mixed vegetable and paneer korma with herbed rice pilaf

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