

PASTURE AND PLENTY

AUGUST 21, 2023 | OMNIVORE

HOORAY, IT'S MONDAY!

We have a great, late summer menu for you this week! Get excited for: our yearly corn on the cob extravaganza with elote and a side of Texas caviar with La Cosecha tortilla chips to help scoop it up; a twist on everyone's favorite meal of all-time, pot pie... but this time it's chockfull of summer veg with a cheddar-thyme drop biscuit topping; and to round it out, a spicy (you know they say hot weather calls for spicy food!) Indian Vindaloo!



elote (Mexican street corn) kit
with Texas caviar and La Cosecha tortilla chips



chicken and summer vegetable pot pie with cheddar-thyme drop biscuit crust



pork vindaloo with brown rice



PRODUCER SPOTLIGHT

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

Alsum's Sweet Corn

La Cosecha

Winterfell Acres

Elderberry Hill Farm

Vitruvian Farms

Saffi Saana

Hook's Cheese

EXTRA GOODNESS

monster cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 300°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: Oats, puffed rice cereal, ground flax, sunflower seeds, pumpkin seeds, unsweetened shredded coconut, egg, brown sugar, sunflower seed butter, coconut oil, chocolate chips, baking soda, dried fruit, salt, vanilla extract, chocolate

Contains: Egg, milk, coconut, 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

elote (Mexican street corn) kit
with Texas caviar and La Cosecha tortilla chips

PREP &
COOK TIME

45
MINUTES

GRILLING INSTRUCTIONS

- 1 Preheat grill for high heat (if not grilling, see directions below). While preheating, shuck corn cobs (being careful to remove the silk).
- 2 Grill corn, turning often, until cooked and kernals are slightly charred, about 10 minutes.
- 3 While corn is grilling, give the Texas caviar a stir to redistribute the dressing and divide onto plates. Place tortilla chips alongside.
- 4 Once corn is done, remove from grill and allow to cool slightly. Slather with aioli and sprinkle with queso fresco to taste; use more for spicier, creamier elote or less for a milder and "cornier" version. Serve alongside the salad. Dig in!

OVEN INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat oven to 400°F. Place unshucked corn directly on oven rack and roast til tender and sweet, about 30 minutes. When corn is done — the corn should have swollen shiny kernels with a few browned ones too — remove from the oven and allow to cool slightly. Carefully peel back husks to form a handle.

Queso Fresco with Chili Powder: Milk, salt, enzymes, dried chiles **Roasted Serrano Aioli:** Sunflower oil, egg, dijon mustard, red wine vinegar, milk, serrano pepper, garlic, lime, cilantro, paprika, cumin, coriander, salt, pepper **Texas Caviar:** Black-eyed pea, black bean, red onion, corn, bell pepper, garlic, scallion, cilantro, lime, cumin, coriander, salt, cayenne, pepper **La Cosecha Tortilla Chips:** Non-GMO corn, non-GMO cold press canola oil, sea salt, trace of lime

Contains: Milk, egg

IN YOUR BAG

Corn

Queso Fresco
with
Chili Powder

Roasted
Serrano Aioli

Texas Caviar

La Cosecha
Tortilla Chips

PAIR WITH

the 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

**chicken and summer
vegetable pot pie with
cheddar-thyme drop biscuit crust**

Preheat oven to 400°F.

While the oven preheats, prep your pot pie for baking. Place pot pie filling into a new, shallower container for baking: Meal Kits for 1 should use a 9"-x-5" bread pan; Meal Kits for 2 should use a 9"-x-9" baking pan; and Meal Kits for 4 should use a 9"-x-13" baking pan.

Next, drop the thick dough (using two spoons or a cookie scoop) in heaping 1-tablespoon portions over prepared filling, spacing the mounds of dough as evenly as you can.

Bake until the filling is bubbling and the crust is golden, about 30 to 35 minutes.

Portion the pot pie onto individual plate and dig in!

Chicken and Summer Vegetable Pot Pie Filling:

Chicken, chicken stock, onion, carrot, celery, zucchini, corn, cherry tomato, butter, ap flour, spinach, salt, pepper, garlic, red wine vinegar, dill, basil, chive

Cheddar Thyme Biscuit Dough: AP flour, butter, milk, cheddar (milk, salt, culture, enzyme), salt, baking powder, thyme

Contains: Milk, wheat, egg, poultry, soy

③ FARM-TO-FREEZER

pork vindaloo with brown rice

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