

# PASTURE AND PLENTY

AUGUST 21, 2023 | VEGETARIAN

## 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



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



**tofu 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

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

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

② READY-TO-EAT

**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!

**Summer Vegetable Pot Pie Filling:** Vegetable 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, soy

③ FARM-TO-FREEZER

**tofu 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