

PASTURE AND PLENTY

SEPTEMBER 11, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

We have a great line-up of meals coming for you: a farro and tofu braise kit spiced with warming coriander, cumin, turmeric and local tomatoes and paired with roasted dragon tongue beans; a summery galette from Tart filled with roasted tomatoes, corn and goat cheese with greens and a shallot balsamic vinaigrette; and our favorite feijoada meal (think: the most umami-laden and unctuous Brazilian black bean stew over brown rice and kale) to round it out!



farro con tofu braising kit with roasted dragon tongue beans



Tart's roasted tomato, sweet corn and goat cheese galette with greens and roasted shallot balsamic vinaigrette



black bean, carrot and summer squash feijoada feijoada with brown rice and kale



PRODUCER SPOTLIGHT

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

Happy Valley Farm
Winterfell Acres
Marr's Valley View Farm
Tart
Vitruvian Farms
Saffi Saana
Sartori

EXTRA GOODNESS

chocolate cookie sandwich

Instructions: Keep cookies and buttercream refrigerated. To assemble: bring both to room temperature; then, use a butter knife to spread the buttercream on the bottom of the cookies and sandwich them together. Enjoy within 5 days!

Ingredients: Cookie (sugar, brown sugar, butter, ap flour, cocoa powder, eggs, baking soda, vanilla, salt), cream cheese buttercream (cream cheese, butter, powdered sugar, vanilla)

Contains: Milk, egg, wheat, 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

farro con tofu braising kit with roasted beans

PREP &
COOK TIME

55
MINUTES

IN YOUR BAG

Tofu

Farro

Dragon Tongue
Beans

Tomato Broth

Spice Mix

PAIR WITH
the fruity and
spicy
Zillmina
Organic
Spanish Red
Wine
or the
refreshing
and crisp New
Glarus Moon
Man No Coast
Pale Ale

- 1 Preheat the oven to 375°F and then get your prep on! Wash, dry and trim the dragon tongue beans, place on a sheet pan and toss with salt and pepper (to taste) and a splash of olive oil. Cut tofu across into 3/4-inch-thick slices, then cut each slice in half into squares. Carefully coat the tofu with a dash of olive oil and half the spice mix, then season with salt and black pepper; set aside.
- 2 Heat a medium glug of olive oil in a deep broiler-proof skillet or wide Dutch oven over medium-high heat. Meal Kits for 1 will need an approximately 8" pan; Meal Kits for 2, a 10" pan; and Meal Kits for 4, a 12" pan. Lay the tofu pieces in the pan, with a comfortable amount of room between them; do this in batches if your pan isn't large enough. Cook until both sides of the tofu pieces are golden and crispy, about 3 to 4 minutes per side. Transfer the tofu to a plate or tray and set aside.
- 3 Reduce the heat to medium, add the farro and cook, stirring, until lightly toasted, about 3 minutes. At the end, add the remainder of the spice mix and cook until fragrant, about 30 seconds.
- 4 Increase the heat to medium-high, pour in the broth and bring to a simmer, season with salt to taste. Nestle the tofu into the pan; adjust the heat to a strong simmer and cover the pan (use foil if your pan doesn't have a lid). Cook until the farro is tender, about 40 minutes, stirring halfway through. If the farro is tender but too soupy, turn up the heat and boil, uncovered, for a few minutes to cook off excess liquid. If the farro isn't quite tender but the pan looks dry, add water or broth, cover, and cook until tender.
- 5 Meanwhile, place the baking sheet with beans in the oven. Roast for about 15 to 20 minutes, stirring halfway through, until they are crisp-tender with some golden, caramelized spots. Remove from oven and set aside.
- 6 When the farro is done, and the beans are out of the oven, heat the broiler and adjust a rack so the tofu will be 4 inches below the heating element. Slide the pan under the broiler and broil, turning the pan as needed, until the tofu is nicely golden brown with crisp edges.
- 7 Serve the farro con tofu with the roasted dragon tongue beans alongside, and, if desired, serve with a squeeze of lemon juice over the top. Enjoy!

Tofu: Water, soybean, calcium sulfate, calcium chloride **Broth:** Vegetable stock, tomato, onion, garlic, pepper, bay leaf, chile de arbol, salt **Spice Mix:** Turmeric, coriander, cumin, paprika, cayenne, onion powder, garlic powder **Farro, Dragon Tongue Beans**

Contains: Wheat, soy, alcohol

② READY-TO-EAT

Tart's roasted tomato, sweet corn and goat cheese galette with greens and vinaigrette

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Enjoy!

Galette: Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin [vitamin B3], reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), hard white whole wheat flour, sugar, kosher salt, butter (pasteurized cream, natural flavoring), tomato, corn, goat cheese (pasteurized goat's milk, salt, bacterial culture, microbial enzymes), basil, parsley, olive oil, salt **Vinaigrette:** Canola oil, shallot, balsamic vinegar, Dijon mustard, olive oil, red wine vinegar, salt, pepper **Greens**

Contains: Wheat, milk

③ FARM-TO-FREEZER
black bean, carrot and summer squash feijoada feijoada with brown rice and kale

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