

PASTURE AND PLENTY

OCTOBER 2, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're getting a last spurt of summer weather, which is perfect for firing up the grill for our BBQ tempeh sandwiches this week, y'all. And, when that cold weather rolls in later, just heat up our hearty taco soup for a cozy dinner in! And then we really hope you enjoy one of our Head Chef Jack's favorite meals to cook: slow roasted ratatouille with alllll of the eggplant, tomatoes, zucchini and peppers your veg-loving heart could desire atop a parmesan polenta!



BBQ tempeh sandwich with grilled and pickled vegetable salad



pinto and black bean taco soup with La Cosecha tortilla chips and lime crema



ratatouille over parmesan polenta



PRODUCER SPOTLIGHT

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

Madison Sourdough Co.

Bandung Indonesian Cuisine

Winterfell Acres

Happy Valley Farm

Emmi Roth

La Cosecha

Elderberry Hill Farm

EXTRA GOODNESS

coffee panna cotta

Instructions: Keep refrigerated and enjoy within 5 days!

Ingredients: Milk, half and half, sugar, gelatin, coffee, salt, vanilla

Contains: Milk

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

BBQ tempeh sandwich with grilled & pickled vegetable salad

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Tempeh

BBQ Sauce

Pickled
Vegetables

Vegetable Bag

Havarti Cheese

Ciabatta

PAIR WITH

the
medium-bodied
and crisp
La Patience
Vin Blanc
or
the wheaty Pale
Weizenbock
from Giant
Jones Brewing
Company

GRILLING INSTRUCTIONS

- 1 Preheat grill for medium-high heat. While preheating, get your prep on. Wash and dry your veg. Snap ends off of dragon tongue beans and cut into 2-in pieces; trim tops and bottoms of radishes, then cut in half or quarters (depending on size); cut off stem ends of the peppers, de-seed them and cut into rough 2-inch chunks. In a bowl, season vegetables with salt, pepper, and a splash of olive oil. Slice rectangular tempeh blocks into thin strips, about 1/2" thick. Coat tempeh slices with about half of the BBQ sauce and set aside for grilling. Reserve the remainder of the sauce.
- 2 Carefully place your vegetables 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 charred and slightly softened. Remove from grill and place back in your bowl. Toss with about 1/2 of your pickled veg and all of the pickling liquid in the jar. Taste and adjust seasoning, if needed.
- 3 Meanwhile, grab another large piece of foil and place it on the grill. Set your tempeh slices on the foil and cook without moving until the tempeh is deeply golden brown, with caramelized edges and releases easily, about 5 minutes. Carefully flip the tempeh and continue cooking until the second side is well-browned and caramelized, too, about 5 more minutes.
- 4 While the tempeh is grilling, split your ciabatta rolls in half and lightly toast.
- 5 To assemble the sandwiches, generously spread the extra bbq sauce on the top and bottom slices of the toasted ciabatta. Divide the sliced tempeh among the ciabatta bottoms. Top the hot tempeh with the sliced cheese and the remainder of the pickled veg. Cover with the ciabatta tops and press down slightly to adhere.
- 6 Give your grilled and pickled vegetable salad one final toss and serve next to the bbq tempeh sandwiches. Dig in!

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat oven to 425°F. Toss vegetables onto a sheet pan and roast for 15 to 20 minutes, stirring halfway through. Veg should be charred and slightly softened. Meanwhile, heat a small amount of olive oil in a skillet over medium-high heat. Add the tempeh slices and cook without moving until the tempeh is deeply golden brown, with caramelized edges and releases easily, about 5 minutes. Carefully flip the tempeh and continue cooking until the second side is well-browned and caramelized, too, about 5 more minutes.

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture)
BBQ Sauce: Ketchup, water, apple cider vinegar, molasses, brown sugar, paprika, cumin, coriander, onion powder, garlic powder, celery salt, salt, pepper
Pickled Vegetables: Red onion, carrot, cauliflower, jalapeño, apple cider vinegar, white wine vinegar, sugar, salt
Vegetable Bag: Bell pepper, dragon tongue bean, radish
Havarti Cheese: Milk, salt, culture, enzyme
Ciabatta: Flour, water, olive oil, salt, yeast

Contains: Soy, milk, wheat

② READY-TO-EAT

pinto and black bean taco soup with La Cosecha tortilla chips and lime

Heat soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes.

While soup is heating, gently crumble the tortilla chips into bite-size pieces for topping the taco soup.

Ladle soup into bowl, top with tortilla chip crumbles and dollop on the lime crema. Dig in!

Taco Soup: Vegetable stock, onion, black bean, pinto bean, fire-roasted tomato, green chile, sweet corn, garlic, tomato paste, serrano pepper, la mesa chile powder, cumin, oregano, smoked paprika, salt
La Cosecha Tortilla Chips: Non-GMO corn, con-GMO cold press canola oil, sea salt, trace of lime
Lime Crema: Sour cream, milk, lime, salt

Contains: Milk

③ FARM-TO-FREEZER

ratatouille over parmesan polenta

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