

PASTURE AND PLENTY

OCTOBER 23, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

We have some seriously cozy fare lined up for you, friends! Look for: pan-seared tempeh atop a warming orange root veg mash (jazzed up with lentils) and shallots braised in a red wine sauce; a satisfying and deeply savory vegetable and white bean-packed potato stew in an aromatic, spicy gochujang broth rich with soy sauce and honey; and everyone's favorite Thai-inspired veg-packed coconut curry. And a pumpkin treat?! Oh Fall, we love you.



pan-seared tempeh with root vegetable mash and wine-braised shallots



gochujang potato stew with white rice and parsley sour cream



red coconut curry with tofu over brown rice



PRODUCER SPOTLIGHT

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

Bandung Indonesian Cuisine

Winterfell Acres

Elderberry Hill Farm

Vitruvian Farm

Saffi Saana

EXTRA GOODNESS

pumpkin cookie

Instructions: Refrigerate for up to 7 days and bring to room temperature to enjoy!

Ingredients: Cookie (ap flour, pumpkin puree, butter, granulated sugar, light brown sugar, egg, vanilla, baking powder, cinnamon, salt, nutmeg), filling (cream cheese, granulated sugar, vanilla).

Contains: Milk, wheat, egg

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

pan-seared tempeh with root vegetable mash and wine-braised shallots

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

Tempeh

Root Vegetable Mash

Braised Shallots & Sauce

PAIR WITH

the darkly fruity and full-bodied Pascal Biotteau Anjou Rouge or with the slightly spicy and sweet Bière de Miel from Giant Jones

- 1 Cut tempeh into thin slices, 1/2" x 2 1/2" and season generously with salt and pepper. Heat a few tablespoons of oil in a large nonstick skillet over medium-high heat. When the oil is shimmering, but not smoking, carefully add the tempeh to the pan in a single layer using tongs. Fry for 3 to 5 minutes on each side, or until well-browned and super crispy all over. You may need to fry in batches, adding extra oil as needed. Transfer the tempeh to a paper towel-lined baking sheet to drain; season with additional salt, to taste.
- 2 In the same skillet (any excess oil carefully poured out), heat the braised shallots and sauce over medium heat for about 2 to 3 minutes, until hot. Make sure to scrape the bottom of the pan with a wooden spoon to loosen any browned, caramelized bits.
- 3 Meanwhile, warm root vegetable mash in a saucepan over medium heat, adding a little water and stirring occasionally, until hot, about 8 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave on Medium High until hot, 3 to 8 minutes; stir halfway through heating time, and add in a small amount of water, if needed.
- 4 Divide root vegetable mash onto individual serving plates, top with tempeh and braised shallots with sauce. Enjoy!

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture) **Root Vegetable Mash:** Sweet potato, french green lentil, parsnip, carrot, celeriac, cream, maple syrup, salt, thyme, cumin, pepper **Braised Shallots & Sauce:** Shallot, red wine, vegetable stock, garlic, salt, chile de arbol, bay leaf, pepper

Contains: Milk, alcohol, soy

② READY-TO-EAT

gochujang potato stew with white rice and parsley sour cream

Reheat stew in a saucepan over medium heat, stirring occasionally, until hot, about 6 to 8 minutes, adding a little water as necessary.

Warm rice in a separate saucepan over medium-low heat, adding a little water and stirring occasionally, until hot, about 8 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave on Medium High until hot, 3 to 8 minutes; stir halfway through heating time.

Portion gochujang potato stew into bowls and add a spoonful of rice to the center of each bowl. Top with parsley sour cream and enjoy!

Gochujang Stew: Potato, vegetable stock, white bean, onion, kale, gochujang (wheat flour, corn syrup, water, hot pepper powder, salt, wheat, distilled alcohol, defatted soybean powder, koji), garlic, butter, soy sauce, honey, rice wine vinegar, salt, pepper **Rice:** Converted white rice, water, salt, scallion, pepper **Sour Cream:** Sour cream, heavy cream, lemon, parsley, salt, pepper

Contains: Milk, soy, wheat

③ FARM-TO-FREEZER

red coconut curry with tofu over 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, 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-2pm