

# PASTURE AND PLENTY

NOVEMBER 20, 2023 | OMNIVORE

## HOORAY, IT'S MONDAY!

And the menu is looking good! Look for: a salmon teriyaki rice bowl with roasted broccoli; a classic winter stew – thick with potatoes, carrots and parsnips and tender beef – but with an Austrian twist of smoky paprika; and then a homey, classic and comforting fave... baked mac and cheese (with some spinach and roasted sweet potatoes thrown in). Cozy, comforting flavors, but all a world away from classic Thanksgiving fare! Enjoy, friends.



**roasted salmon and broccoli rice bowl** with ginger-garlic teriyaki sauce and soy-pickled carrot & cucumber



**Austrian beef stew** with parsley caraway sour cream and MSCo seed & grain bread



**creamy baked mac & cheese** with spinach and sweet potatoes



### PRODUCER SPOTLIGHT

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

Bering Bounty  
Winterfell Acres  
Vitruvian Farms  
Elderberry Hill Farms  
Hook's Cheese  
Roth Cheese  
Saffi Saana

### EXTRA GOODNESS

## cardamom snickerdoodle cookie dough

Instructions: Preheat oven to 350°F while dough thaws out to room temperature. Place on parchment lined baking sheet, flatten slightly and bake for 10 to 12 minutes, until puffy and golden around the edges.

Ingredients: Ap flour, sugar, butter, eggs, baking soda, cornstarch, vanilla, salt, cardamom, cinnamon

Contains: *Wheat, milk, 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

## roasted salmon and broccoli rice bowl with ginger-garlic teriyaki sauce and soy-pickled carrot & cucumber

PREP & COOK TIME

45 MINUTES

IN YOUR BAG

Sitka Seafood Market Salmon

Brown Rice

Teriyaki Sauce

Soy-Pickled Carrot and Cucumber

Broccoli Bag

PAIR WITH the complex and juicy American Wine Project "Social Creature" Sabrevois Rosé or with the light and crisp To Those Who Wait Czech-Style Pilsner from Working Draft

- 1 To quick-thaw your fish, keep fish in the vacuum-sealed packaging and submerge it in cold tap water, changing water every 30 minutes; it should take 30 minutes to an hour. Prepare and consume fish immediately after thawing.
- 2 Arrange racks in the middle and bottom of the oven, and heat the oven to 425°F. You will need 2 sheet pans. Line one with parchment paper or foil (for easy cleaning).
- 3 On the unlined sheet pan, lay out the broccoli and drizzle with oil. Season with salt and black pepper. Place on the bottom rack of the oven and roast for about 20 minutes, until tender and golden in parts and crispy on the edges, stirring occasionally.
- 4 Meanwhile, rub the flesh side of your salmon with olive oil and then season with salt and pepper. Place salmon straight onto the second lined sheet pan.
- 5 Place the salmon on the middle rack in the oven and roast for 10 to 15 minutes until the salmon is cooked to taste. The salmon tail or belly should begin to crack slightly — flesh should flake gently away and be slightly translucent at the skin of the thickest point (the USDA recommends cooking salmon to 145°F or well-done). Generally, you'll need about 10 minutes of cooking per inch of thickness (or height) of your salmon fillet.
- 6 While the fish and broccoli are cooking, reheat the brown rice over medium-low heat for 4 to 6 minutes, or until warmed through. Stir occasionally, adding a splash of water if needed to prevent sticking and to moisten the rice as it cooks. Alternately, heat the rice in microwave on high until hot, stirring every minute or so, for about 3 minutes. You could also microwave the teriyaki sauce, for about 30 seconds on high, to warm it up before serving (but don't forget to remove the metal lid first!).

- 7 To serve, top the rice with the salmon and broccoli and drizzle with the teriyaki sauce. Serve the soy-pickled carrot and cucumber alongside and enjoy!

**Sitka Seafood Market Salmon:** Keep frozen **Brown Rice:** Brown rice, water, salt **Teriyaki Sauce:** Soy sauce, mirin, water, sesame oil, garlic, brown sugar, ginger, salt **Soy-Pickled Carrot & Cucumber:** Cucumber, carrot, rice wine vinegar, soy sauce, water, white vinegar, sugar, salt **Broccoli**

Contains: Fish, soy, sesame, alcohol, wheat

② READY-TO-EAT

## Austrian beef Stew with parsley caraway sour cream and MScO bread

Reheat stew with a splash of water in a sauce pan over medium-low heat until hot, about 8 to 10 minutes.

Reheat bread in toaster oven or microwave until warm.

Portion stew into bowls, garnish with dollop of parsley caraway sour cream and serve rolls alongside. Dig in!

**Austrian Beef Stew:** Beef, potato, carrot, onion, red bell pepper, parsnip, chicken stock, paprika, ap flour, garlic, dill, cider vinegar, salt, pepper **Parsley Caraway Sour Cream:** Cultured cream, cream, parsley, lemon, salt, caraway seed, pepper **MScO Seed & Grain Bread:** Flour, water, salt, steel cut oats, sunflower seeds, sesame seeds, flax seeds

Contains: Wheat, beef, poultry, milk (optional), sesame (optional)

③ FARM-TO-FREEZER

## creamy baked mac & cheese with spinach and sweet potatoes

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  
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M 3:30pm-7:30pm T-F 11am-7pm  
SAT 9am-2pm