

PASTURE AND PLENTY

NOVEMBER 20, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

And the menu is looking good! Look for: a tofu teriyaki rice bowl with roasted broccoli; a classic winter stew – thick with potatoes, carrots and parsnips and silky oyster mushrooms – 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 tofu and broccoli rice bowl with ginger-garlic teriyaki sauce and soy-pickled carrot & cucumber



Austrian oyster mushroom 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 tofu and broccoli rice bowl with ginger-garlic teriyaki sauce and soy-pickled carrot & cucumber

PREP & COOK TIME

45 MINUTES

IN YOUR BAG

Tofu

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 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.
- 2 Prepare the tofu. Cut tofu crosswise into ½-inch slices and pat them dry with a kitchen towel. In a large baking dish or rimmed plate, drizzle 3 to 4 tablespoons of oil. In another large baking dish or rimmed plate, scatter cornstarch (ideally, or flour; whatever you have on hand!), season it with salt and a few pinches of black pepper, and toss to combine. Place each slice of tofu in the oil and coat both sides, then dip the tofu into the seasoned cornstarch (or flour) and lightly coat both sides. Place each piece of coated tofu straight onto the lined sheet pan.
- 3 Place the tofu onto the middle rack in the oven and bake for 30 to 35 minutes, flipping halfway through cooking, until lightly golden and crisp to the touch.
- 4 On the second 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.
- 5 Meanwhile, 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!).
- 6 To serve, top the rice with the tofu and broccoli and drizzle with the teriyaki sauce. Serve the soy-pickled carrot and cucumber alongside and enjoy!

Tofu: Non-gmo soybeans, water, calcium sulfate, glucono delta lactone (GDL)
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: Soy, sesame, alcohol, wheat

② READY-TO-EAT

Austrian oyster mushroom 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 Oyster Mushroom Stew: Oyster mushroom, potato, carrot, onion, red bell pepper, parsnip, celeriac, vegetable 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, mushroom, 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