

PASTURE AND PLENTY

NOVEMBER 27, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

Dinner is looking good with okonomiyaki, a Japanese shredded cabbage and vegetable pancake that is crisp on the outside and custardy on the inside and topped with two sauces (aioli and hoisin) and crispy mushrooms. Followed up with a roasted squash and fontina galette from Tart enveloped in their signature flaky and buttery pastry crust with greens and a lemon herb vinaigrette. And, last but not least, a classic and hearty white bean stew!



okonomiyaki kit with crispy mushrooms



Tart's roasted squash, caramelized onion and fontina galette with arugula and herb lemon vinaigrette



white bean soup



PRODUCER SPOTLIGHT

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

Winterfell Acres

Tina's Flock

Vitruvian Farms

Tart

Saffi Saana

Elderberry Hill Farm

EXTRA GOODNESS

maple, pecan & golden raisin granola

Instructions: Store at room temperature and enjoy within two weeks.

Ingredients: Old fashioned oats, pecans, pumpkin seeds, unsweetened coconut, golden raisin, flaxseed, almonds, maple syrup, light brown sugar, virgin coconut oil, vanilla extract, kosher salt

Contains: Tree nut, coconut

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

okonomiyaki kit with crispy mushrooms

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Shredded
Vegetables

Wet Mix

Dry Mix

Hoisin Sauce

Aioli

Mushrooms

PAIR WITH

the dynamic
and crisp
Xarmant
Txakoli

or

with the crisp
and drinkable
Up North
Wisconsin
Lager from One
Barrel Brewing

- 1 Place a sheet pan in the oven and preheat to 200°F.
- 2 Add the wet mix to a bowl large enough to fit all the ingredients; briefly beat the egg. Add dry mix and shredded veggies and stir until just combined.
- 3 In a large pan (nonstick, if you have one), heat a thin layer of oil on medium heat until hot. Add enough of the okonomiyaki batter to make a 4" to 5" pancake. There should be two pancakes per person. Cook for 4 to 5 minutes, or until golden brown. Carefully flip the okonomiyaki and cook an additional 4 to 5 minutes. Transfer to the warm sheet pan in the oven. Repeat this process with the remaining batter.
- 4 After all the okonomiyaki batter is cooked (and the pancakes are staying warm in the oven), wipe out the pan and heat another thin layer of oil on medium-high heat this time until hot. Add the mushrooms to the pan and cook until hot, well-browned and crispy, about 5 minutes, stirring occasionally.
- 5 Plate the okonomiyaki and top with both the hoisin sauce and the aioli. Sprinkle the crispy mushrooms on top and enjoy!

Shredded Vegetables: Cabbage, carrot, zucchini, scallion

Wet Mix: Egg, water **Dry Mix:** AP flour, salt, onion powder, garlic powder, ginger, cayenne, smoked paprika, coriander **Hoisin Sauce:** Hoisin sauce (sugar, water, fermented soybean paste [water, salt, soybeans, wheat flour], salt, modified food starch, sweet potato powder, sesame paste, caramel color, spices, dehydrated garlic, salted chili peppers [chili peppers, salt], acetic acid, FD&C red no. 40, potassium sorbate), mirin, tomato, sriracha (red chili pepper, sugar, garlic, salt, water, acetic acid, lactic acid, xanthan gum, citric acid, potassium sorbate, ascorbic acid), rice vinegar, salt, sesame oil **Aioli:** Sunflower oil, red wine vinegar, dijon mustard, garlic, lemon, water, salt, pepper **Mushrooms:** Shiitake mushroom, oyster mushroom, olive oil, salt, pepper

Contains: Mushroom, soy, wheat, sesame, egg, alcohol

② READY-TO-EAT

Tart's roasted squash, onion and fontina galette with arugula and herb lemon 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!

Tart's 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, butter (pasteurized cream, natural flavorings), sugar, kosher salt, black pepper, organic squash, onions, fontina cheese, olive oil, cayenne, sage **Vinaigrette:** Canola oil, lemon juice, white wine vinegar, dijon mustard, honey, parsley, thyme, dill, salt **Arugula**

Contains: Wheat, milk

③ FARM-TO-FREEZER

white bean soup

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