

PASTURE AND PLENTY

DECEMBER 18, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

Look for some festive meals today, friends: our annual fondue kit from Landmark Creamery with roasted Winterfell Acres veggies and MSCo seed & grain boules for dunking; a warm wild rice salad with pickled apples, butternut squash and herby white beans that's perfect for dinner or as a fancy, filling side at any holiday gathering; and a traditional strata with Impossible sausage, kale, red peppers and Hook's cheddar for a cozy, lazy morning at home!



Landmark Creamery fondue kit with roasted vegetables and MSCo seed & grain boules



herbed white beans and warm wild rice salad with pickled apples, roasted butternut squash and dried cranberries



Impossible sausage strata with red bell peppers, kale and Hook's cheddar



PRODUCER SPOTLIGHT

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

Landmark Creamery
Winterfell Acres
Madison Sourdough
Elderberry Hill Farm
Enos Farms
Hook's Cheese
Sartori
Tina's Flock
Saffi Saana

EXTRA GOODNESS

Mexican wedding cookies

Instructions: Store at room temperature and enjoy within 5 days.

Ingredients: Ap flour, butter, sugar, pecans, vanilla, powdered sugar.

Contains: Milk, wheat, egg, tree nut (pecan)

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

Landmark Creamery fondue kit

with roasted vegetables and MSCo seed & grain boule

PREP & COOK TIME

40
MINUTES

IN YOUR BAG

Landmark Fondue Kit

Vegetable Bag

Spice Mix

MSCo Seed & Grain Boule

White Wine

PAIR WITH

the fruity and fun Seehof Same Same But Different White or the refreshing and crisp New Glarus Moon Man No Coast Pale Ale

- 1 Preheat oven to 400°F.
- 2 Prep your vegetables. Peel and trim the cocktail onions; cut in half. Trim and peel the carrots and beets/radishes, then cut into bite-sized chunks, about 1/2" to 3/4". Scrub the potatoes, then cut into quarters or halves depending on size (they should be similarly sized to the other veg).
- 3 Toss vegetables with the spice mix, a splash of olive oil, salt and pepper. Spread on a sheet tray and roast until everything is beginning to brown and is cooked through, 25-30 minutes, stirring occasionally.
- 4 While the vegetables are roasting, cut the boule into bite-sized cubes. If you want, feel free to toss the bread on the vegetable sheet pan to heat up, for the last minute or two. Remove the veg and toasted bread cubes to serving dishes and take to the table!
- 5 Meanwhile, about five minutes before the veg is done, heat up a heavy-bottomed saucepan (or fondue pot) over medium heat. Add wine and bring to a simmer. Add a handful of the cheese fondue mix at a time to the simmering wine, stirring until first handful melts before adding next. Reduce heat to medium-low and stir constantly until cheese is completely melted. Season with a few grinds of black pepper, if desired.
- 6 Serve fondue immediately right from the fondue pot at the table. Use a fork to dig in! Grab some veggies and bread and dip it right into the fondue!
- 7 If the fondue cools too much and solidifies, carry it back to the kitchen and reheat it while stirring gently. Then enjoy all over again!

Fondue Kit: Sheep milk cheese (pasteurized sheep milk, cultures, salt, rennet), cow milk cheese (unpasteurized cow milk*, salt, cultures, enzymes), corn starch, citric acid, mustard powder, natamycin to preserve flavor **Vegetable Bag:** Potatoes, carrots, cocktail onions, beets and/or radishes **Spice Mix:** Fennel, salt, pepper, onion powder, garlic powder, red chile flake **Boule:** Flour (wheat and rye), steel cut oats, sunflower seeds, sesame seeds, flax seeds, water, salt **White Wine**

*Contains: Milk, wheat, sesame, alcohol (optional)
*some cheese is unpasteurized**

② READY-TO-EAT

herbed white beans and wild rice salad with pickled apples, butternut squash and dried cranberries

Strip kale leaves from stems and tear into bite-sized pieces.

Gently reheat the beans in a saucepan over medium-low heat for about 4 to 6 minutes, or until hot. Stir occasionally, adding a splash of water if needed to prevent sticking.

While white beans are reheating, prepare the wild rice salad. Salad can be served hot or cold. If desired, reheat wild rice and kale in a sauté pan with a splash of olive oil over medium-low heat for 6 to 8 minutes, stirring occasionally. Once hot (or if you're keeping it cold, skip the reheating step), toss wild rice and kale with the orange vinaigrette in a large bowl.

Divide salad evenly onto plates. Top with pickled apples and serve beans alongside or on top of salad. Enjoy!

Beans: White bean, onion, garlic, chive, thyme, rosemary, parsley, red chile flake, lemon, salt, pepper **Wild Rice Salad:** Wild rice, butternut squash, cranberry, pepita, olive oil, bay leaf, chile de arbol, salt, pepper **Vinaigrette:** Sunflower oil, orange, balsamic vinegar, dijon mustard, salt, pepper **Apples:** Apple, white vinegar, sugar, salt, bay leaf, chile de arbol **Kale**

Contains: Wheat, milk

③ FARM-TO-FREEZER

Impossible sausage strata with red bell peppers, kale and Hook's cheddar

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