

PASTURE AND PLENTY

NOVEMBER 18, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

And we have a great line-up of meals for you this week, friends! Look for: okonomiyaki, a Japanese shredded cabbage and vegetable pancake that is crisp on the outside, custardy on the inside and topped with two sauces (aioli and hoisin) and crispy mushrooms; a classic tomato bisque with grilled cheese sammies and a tangy relish, for a comfort food fave; and a tofu panang curry, rich with coconut milk and peanuts over brown rice!



okonomiyaki kit with crispy mushrooms



tomato bisque with smoked gouda grilled cheese and relish



tofu panang curry with brown rice



PRODUCER SPOTLIGHT

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

- Vitruvian Farm
- Elderberry Hill Farm
- Nueske's Applewood Smoked Meats
- Happy Valley Farm
- Hook's Cheese
- Roth Cheese
- Saffi Saana
- Madison Sourdough Co.

EXTRA GOODNESS

pisto spiced snickerdoodle cookie dough

Instructions: Store cookie dough in freezer. Preheat oven to 350°F while dough comes to room temperature. Place cookies on a parchment-lined cookie sheet. Flatten cookie dough slightly and bake for 10-12 minutes, until puffy and golden around the edges, rotating halfway through for an even bake.

Ingredients: AP flour, sugar, butter, eggs, baking soda, cornstarch, vanilla, salt, coriander, nutmeg, clove, cinnamon, star anise.

Contains: Egg, wheat, milk

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

35 MINUTES

IN YOUR BAG

Shredded Vegetables

Dry Mix

Wet Mix

Hoisin Sauce

Aioli

Crispy Mushrooms

PAIR WITH the fruity and fun Seehof Same Same But Different White or with the rereshing and crisp New Glarus Moon Man No Coast Pale Ale

- 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 reheat until hot, well-browned and crispy again, 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, brussels sprouts, carrot, zucchini, scallion **Dry Mix:** AP flour, salt, onion powder, garlic powder, ginger, cayenne, smoked paprika, coriander **Wet Mix:** Egg, water **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, rice vinegar, white wine vinegar, brown sugar, soy sauce, onion, carrot, celery, pepper, salt, sambal, sesame oil **Aioli:** Sunflower oil, red wine vinegar, dijon mustard, garlic, lemon, water, salt, pepper **Crispy Mushrooms:** Oyster mushroom, olive oil, salt, pepper

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

② READY-TO-EAT

tomato bisque with smoked gouda grilled cheese and relish

Heat soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes.

Spread relish (as desired) on one side of each bread slice, add cheddar and smoked gouda slices on top of relish and close sandwich with the relish and cheese in the middle.

Heat a skillet over medium heat; melt a tablespoon or two of butter in the pan. Place sandwich in skillet, turning to coat both sides of sandwich with melted butter. Toast until bread is golden and cheese is melted, turning once, about 3 minutes per side.

Cut sandwich in half and plate; pour soup into bowl, garnish with any extra relish (if desired) and dinner is on!

Tomato Bisque: Tomato, vegetable stock, onion, carrot, celery, heavy cream, red wine vinegar, red wine, olive oil, butter, salt, sugar, basil, red chili flake **Bread and Cheese:** Madison Sourdough Co bread (flour, water, salt, rosemary), smoked gouda (milk, culture, salt, enzymes), cheddar (milk, culture, salt, enzymes, annatto) **Relish:** Cucumber, green bell pepper, red bell pepper, yellow bell pepper, onion, white vinegar, apple cider vinegar, sugar, salt, mustard seed, celery seed, red chile flake

Contains: Wheat, milk

③ FARM-TO-FREEZER

tofu panang curry with 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