

# PASTURE AND PLENTY

DECEMBER 16, 2024 | OMNIVORE

## HOORAY, IT'S MONDAY!

Carr Valley Cheese Company is over 100 years old, nestled amongst the rolling hills and lush pastures of central Wisconsin. They're famous for making cheese the old-fashioned way, by hand! Their blue cheeses are made at their plant in Linden with a balance of fresh ingredients, hard work and careful aging. Their gorgonzola is in your meal kit and is packed with flavor: a true artisan blue, master crafted in small batches with piquant waves of flavor and a crisp clean finish!



**buffalo salmon**  
with warm quinoa & vegetable salad  
and blue cheese crumbles



**caldo verde**  
with P&P cornbread kit



**pork dan dan sauce with  
pickled mustard greens and noodles**



### PRODUCER SPOTLIGHT

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

- Bering Bounty
- Elderberry Hill Farm
- Winterfell Acres
- Carr Valley Cheese
- Sassy Cow Creamery
- Saffi Saana
- Enos Farms

### EXTRA GOODNESS

## funfetti sugar cookie dough

Instructions: Store cookie dough in freezer. Bring to room temperature before baking. Place cookies on a parchment-lined or greased cookie sheet. Bake at 350°F until cookies are puffy and golden brown, about 12-15 minutes, rotating halfway through for an even bake.

Ingredients: AP flour, sugar, butter, egg, vanilla, baking powder, salt, sprinkles.

*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

**buffalo salmon with warm quinoa & vegetable salad and blue cheese crumbles**

PREP & COOK TIME

25  
MINUTES

- 1 To safely quick-thaw your fish: keep it 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 Preheat oven to 425°F. Line a sheet pan with parchment paper. Remove salmon from packaging; rub the flesh side of your salmon with olive oil and then season with salt and pepper. Place on the parchment-lined sheet pan. Reserve at least half of your buffalo sauce for later and then brush the flesh side of the salmon with the remainder (or to taste). Toss panko with a bit of olive oil and sprinkle it evenly over the top of the fish, pressing lightly to adhere to the sauce, then place the pan in the oven.
- 3 Roast the salmon for about 10 to 15 minutes. Bake until panko is golden and the fish 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.\* Generally, you'll need about 10 minutes of cooking per inch of thickness (or height) of your salmon fillet. Once cooked, salmon can easily be removed from the skin, if desired.
- 4 Meanwhile, gently reheat the quinoa salad 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.
- 5 Plate warm quinoa salad and top with buffalo salmon. Drizzle everything with the reserved buffalo sauce, sprinkle with the crumbled blue cheese and dig in!

*\*Consuming raw or undercooked seafood may increase your risk of foodborne illness.*

**Crispy Panko:** Flour, canola oil, yeast **Buffalo Sauce:** Frank's red hot (aged cayenne red peppers, distilled vinegar, water, salt and garlic powder), butter, garlic, onion, salt **Quinoa Salad:** Red quinoa, white quinoa, broccoli, cauliflower, kale, olive oil, red wine vinegar, salt, pepper **Blue Cheese:** Pasteurized cultured cow's milk, salt, enzymes, penicillium roqueforti **Bering Bounty Salmon:** Keep frozen

*Contains: Fish, milk, wheat*

② READY-TO-EAT

**caldo verde with P&P cornbread kit**

First, make cornbread. Grease 6 muffin cups. Or, bake in a 8" cast iron skillet. If using a cast iron skillet, place the skillet on the center rack of a cold oven. Preheat oven to 425°F.

Whisk the dry and wet mixes until the batter is smooth and lumps are gone.

For muffins, fill the prepared muffin cups 1/2 full. Bake in preheated oven until edges are golden brown and a toothpick comes out clean, 15 to 20 minutes. If baking in cast iron, carefully remove the cast iron from the oven. Spread butter or oil around the bottom and edges of the pan. Pour the batter into the hot pan and place in the oven. Bake until the edges are golden brown and a toothpick comes out clean, 20 to 25 minutes.

Then, warm soup over medium-low heat in a saucepan, stirring occasionally, just until it begins to steam, about 5 minutes. Serve with warm cornbread.

**Caldo Verde:** Potato, onion, garlic, kale, vegetable stock, sherry vinegar, white wine vinegar, smoked paprika, coriander, guajillo chile, red pepper flake, salt and pepper **Dry Mix:** AP flour, cornmeal, sugar, baking powder, baking soda, salt **Wet Mix:** Egg, sour cream, buttermilk

③ FARM-TO-FREEZER

**pork dan dan sauce with pickled mustard greens and noodles**

See label for instructions and ingredients.

IN YOUR BAG

Bering Bounty Salmon

Crispy Panko

Buffalo Sauce

Quinoa & Roasted Vegetable Salad

Blue Cheese

PAIR WITH

the citrusy and spicy FUSO Cala Bianco Terre Siciliane or the hoppy Pulp Culture IPA from Working Draft Brewing Co.



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