

PASTURE AND PLENTY

DECEMBER 23, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

Farmers Noah and Josh Engel of Driftless Organics were just 9 and 11 years old when they planted their first quarter acre of potatoes. Even then, they were all-in, trying out 20 different varieties! Each year their plot expanded, as did their dreams of becoming 'real' farmers. What began as a summer project has now taken the shape of dreams; they manage over 100 acres of fields in the Driftless region. And we hope you love their legendary potatoes!



mustard-glazed sheet pan tempeh with roasted cabbage, red onion and fingerling potatoes



warm wild rice and white bean salad with roasted squash, kale, pickled apples and maple dijon dressing



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:

Driftless Organics

Bandung

Winterfell Acres

Elderberry Hill Farm

Enos Farms

Madison Sourdough Co.

Hook's Cheese

Sartori Cheese

Sassy Cow Creamery

EXTRA GOODNESS

hot cocoa mix with crushed peppermint candy

Instructions: Mix 2 to 3 tablespoons of mix per 6 oz cup of heated water or milk.

Ingredients: Cocoa mix (milk powder, powdered sugar, cocoa powder, granulated sugar, salt), peppermint candies (cane sugar, corn syrup, vegetable juice [color], natural peppermint oil).

Contains: 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

mustard-glazed sheet pan tempeh with roasted cabbage, red onion and fingerling potatoes

PREP & COOK TIME

45
MINUTES

IN YOUR BAG

Tempeh
Mustard
Caper Glaze
Spice Rub
Cabbage,
Potatoes &
Red Onion

PAIR WITH

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

- 1 Preheat oven to 425°F.
- 2 Prep your vegetables! Peel the red onions. Cut both the cabbage and red onions into 1-inch-thick wedges, making sure to cut lengthwise through the core to keep the pieces intact. Slice fingerling potatoes in half (or more if extra large). Toss the sliced cabbage, potatoes and red onions in a large bowl with half of the mustard caper sauce; season with salt and pepper. Reserve the remainder of the sauce to top the final dish.
- 3 Spread the vegetables out evenly, in a single layer, on a sheet pan. Transfer the sheet pan to the oven and roast for 10 minutes.
- 4 Meanwhile, prepare the tempeh! Drizzle the tempeh with olive oil all over, then rub the spice mix into all the nooks and crannies of the tempeh. After the veg has been roasting for 10 minutes, remove from oven and nestle the tempeh into of the cabbage and onions.
- 5 Return the sheet pan to the oven and roast until the tempeh is cooked through, the cabbage and potatoes are tender and everything is crispy and browned in spots, about 25 to 30 more minutes.
- 5 Divide veg evenly on individual serving plates, top with roasted tempeh, and drizzle with remaining mustard-caper sauce (as desired). Enjoy!

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture) **Mustard-Caper Glaze:** Canola oil, dijon mustard, honey, whole grain mustard, caper, white wine vinegar, red wine vinegar, salt, pepper **Spice Rub:** Cumin, smoked paprika, salt, coriander, garlic powder, onion powder, mustard powder, brown sugar, salt **Vegetable Bag:** Cabbage, potatoes, red onion

Contains: Soy

② READY-TO-EAT

warm wild rice and white bean salad with roasted squash, kale, pickled apples & maple dijon dressing

Wash and dry kale; strip 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 8 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 vinaigrette in a large bowl.

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

White Beans: White bean, chive, thyme, rosemary, parsley, red wine vinegar, red chile flake, lemon, salt, pepper **Wild Rice Salad:** Wild rice, butternut squash, cranberry, pepita, olive oil, salt, pepper **Pickled Apples:** Apple, white wine vinegar, rice vinegar, sugar, salt, bay leaf, chile de arbol **Dressing:** Canola oil, maple syrup, dijon, red wine vinegar, salt, pepper **Kale**

Contains: n/a

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
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-2pm