

PASTURE AND PLENTY

APRIL 28, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Big thanks to Vitruvian Farms for this week's monster supply of mushrooms! We roasted up their freshly harvested oyster, black king trumpet and shiitake mushrooms to top your okonomiyaki, for a delicious, crispy umami boost. Certified organic, Vitruvian Farms utilizes modern, sustainable practices that nourish humans and the earth. Plus, their indoor mushroom farm means we can enjoy their products all year round!



okonomiyaki ki with roasted mushrooms



white bean soup with crispy kale



lentil cacciatore over creamy polenta



PRODUCER SPOTLIGHT

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

Vitruvian Farms
Driftless Organics
Cattail Organics
Winterfell Acres
Enos Farms
Sartori Cheese
Saffi Saana

EXTRA GOODNESS

brown butter chocolate chip cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 350°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt.

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

okonomiyaki kit with roasted mushrooms

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Shredded
Vegetables

Dry Mix

Wet Mix

Hoisin Sauce

Aioli

Crispy
Mushrooms

PAIR WITH

the spicy FUSO
Cala Bianco
Terre Siciliane
or
the malty Pale
Weizenbock
from Giant
Jones

- 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: Red cabbage, green cabbage, brussels sprouts, carrot, scallion **Dry Mix:** AP flour, salt, onion powder, garlic powder, ginger, cayenne, smoked paprika, coriander

Wet Mix: Egg, water **Aioli:** Egg, canola oil, red wine vinegar, garlic, lemon, water, salt, pepper **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 **Crispy Mushrooms:** Oyster mushroom, black king trumpet mushroom, shiitake mushroom, olive oil, salt, pepper

② READY-TO-EAT

white bean soup with crispy kale

Preheat the oven to 350°F. Give the kale a quick rinse, remove the leaves from the tough stems and roughly chop. Place the kale on a sheet pan, drizzle with olive oil and season with salt and pepper. Massage the kale leaves until completely coated in olive oil. Roast for 5 minutes, stir well and roast for 5 minutes more, until slightly crispy but not burnt.

Reheat soup in a saucepan over medium heat until hot, and stirring occasionally, for about 6 to 8 minutes.

Portion soup into bowls, garnish with crispy kale and dig in!

White Bean Soup: Vegetable stock, white bean, carrot, celery, onion, garlic, white wine vinegar, red pepper flake, parsley, olive oil, salt
Kale

Contains: n/a

③ FARM-TO-FREEZER

lentil cacciatore over creamy polenta

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