

PASTURE AND PLENTY

DECEMBER 1, 2025 | OMNIVORE

HOORAY, IT'S MONDAY!

Hopefully everyone had a great (and delicious) Thanksgiving! We have a tasty menu to welcome you back! Get excited for: wild-caught Bering Bounty salmon in a crisp, everything-seasoning crust and served with a creamy, tangy caper sauce, couscous and roasted veggies; a squash and fontina galette from Tart enveloped in their signature flaky and buttery pastry crust with greens and a mustard vinaigrette; and a hearty, satisfying meal of classic beef barley soup!



**everything salmon with
couscous, creamy caper sauce and
roasted vegetables**



**roasted squash, caramelized
onion and fontina galette
from Tart with mixed greens and
mustard vinaigrette**



beef barley soup



PRODUCER SPOTLIGHT

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

- Bering Bounty
- Jenny's Tofu
- Winterfell Acres
- Elderberry Hill Farm
- Tipi Organics
- Flynn Creek Farm
- Tart
- Vitruvian Farms
- Saffi Saana

EXTRA GOODNESS

dinner roll

Instructions: Keep rolls frozen until ready to enjoy. Reheat frozen roll in a microwave for 30 seconds to 1 minute. Or, cover frozen roll with foil and reheat in a 350°F oven for about 10 minutes.

Ingredients: Bread flour, ap flour, milk, butter, water, honey, salt, instant yeast.

Contains: Milk, wheat

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

everything salmon with couscous, creamy caper sauce and roasted vegetables

PREP & COOK TIME

45
MINUTES

IN YOUR BAG

Bering Bounty Salmon

Everything Seasoning

Couscous

Creamy Caper Sauce

Vegetable Bag

PAIR WITH

the rich and slightly minerally **OVUM PNK** Salt Rosé or the drinkable **Up North Wisconsin Lager** from One Barrel.

- 1 Keep fish frozen until you're ready to cook it. 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. Alternatively, store your fish overnight in the refrigerator to thaw. To thaw safely in the refrigerator, make sure to cut a slit in the vacuum-sealed packaging so that air can circulate.
- 2 Preheat oven to 400°F. Line a sheet pan with parchment paper.
- 3 Peel and trim the carrots, turnips and radishes; cut into bite-sized pieces. Trim the ends of the brussels sprouts; cut in half or quarters, so that pieces are also bite-sized. Toss the veg in a large bowl with a splash of olive oil and season with salt and pepper. Spread the vegetables out evenly, in a single layer, on the prepared sheet pan. Transfer the sheet pan to the oven and roast for 15 minutes.
- 4 Meanwhile, bring a large pot of salted water — we like about 2 to 3 teaspoons of kosher salt per quart of water — to a boil over high heat; drop in couscous and cook until tender with a bite, about 12 to 15 minutes. Drain couscous, toss with a splash of olive oil and set aside.
- 5 After the veg has been roasting for 15 minutes, remove from oven and prep the salmon. Rub the flesh side of fish with olive oil and season with salt and everything seasoning; nestle the salmon amongst the veg on the sheet pan; return pan to oven.
- 6 Roast the salmon and veg for about 10 to 15 minutes. Bake until the veg is tender and caramelized on the edges 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.
- 7 Last, gently reheat the creamy caper sauce in a saucepan over medium-low heat for about 4 to 6 minutes. Stir occasionally, adding a splash of water if needed to prevent sticking or to thin out the sauce if too thick.
- 8 Plate couscous and veg, then top with everything-coated salmon. Drizzle everything with the creamy caper sauce and enjoy!

Bering Bounty Salmon: Keep Frozen **Everything Seasoning:** White sesame seed, black sesame seed, poppy seed, garlic, onion, salt **Couscous:** Wheat **Creamy Caper Sauce:** Cream cheese, milk, caper, salt, pepper, red chili flake **Vegetable Bag:** Rainbow carrot, turnip, watermelon radish, brussels sprouts

Contains: Soy, wheat, milk

② READY-TO-EAT

roasted squash galette with mixed greens and vinaigrette

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Dig in!

Galette: Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin [vitamin B3], reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), hard white whole wheat flour, butter (pasteurized cream, natural flavorings), sugar, kosher salt, black pepper, organic squash, onions, fontina cheese, olive oil, cayenne, sage **Vinaigrette:** White wine vinegar, lemon juice, dijon mustard, garlic, canola oil, olive oil, mustard seeds, salt **Greens**

Contains: Milk, wheat

③ FARM-TO-FREEZER **beef barley soup**

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