

HOORAY, IT'S MONDAY!

This week's Farm-to-Freezer meal is Baked Ziti layered with eggplant, spinach and a rich parmesan cream sauce, all built on our very own Midwest Marinara. Made in our Foodworks kitchen, it's the same sauce heading to MMSD lunch trays this month! Bake it off, and dig into a pan of cozy Fall comfort. Then tuck into pillowy potato pelmeni with braised red cabbage and pickled apples, and a warming Japanese tofu curry over rice. What a week, friends!



potato pelmeni with braised red cabbage, caraway sour cream and pickled apples



Japanese tofu curry with rice



baked ziti with eggplant, spinach and parmesan cream sauce



PRODUCER SPOTLIGHT

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

Paul's Pelmeni

Barnard Farms

Driftless Organics

Winterfell Acres

Fifth Season Cooperative

Olden Organics

Pleasant Valley Produce

Midwest Marinara

EXTRA GOODNESS

snickerdoodle cookie dough

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

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

Contains: Milk, wheat, 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

potato pelmeni with braised red cabbage, caraway sour cream and pickled apples

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Potato Pelmeni
(keep frozen)

Braised Red
Cabbage

Caraway Sour
Cream

Pickled Apples

PAIR WITH

the rich and
flinty Iconic
Sidekick
Chardonnay or
the toasty
Breslau
Schoeps, a Pol-
ish-style wheat
ale from Giant
Jones

- 1 Keep pelmeni frozen until you cook them.
- 2 Bring a large pot of salted water — salty like the sea — to a boil over high heat. With your hands, gently loosen the frozen pelmeni. Once the water is at a rolling boil, carefully place the loosened pelmeni into the water. Stir immediately to prevent the pelmeni from sticking together, as well as periodically while cooking. Once the water has returned to a boil, reduce the heat to a gentle boil to prevent the pelmeni from bursting, boil for 4 to 6 minutes or until pelmeni float to the top of the pot and are your preferred al dente texture. Drain the pelmeni, reserving about a cup of the pasta water.
- 3 Meanwhile, heat the braised cabbage in a sauté pan over medium-low heat; cook until hot, about 5 minutes. Keep warm and add the cooked pelmeni to the braised cabbage; toss to coat. If the cabbage isn't coating the pelmeni, add a bit of the pasta cooking water to help make it saucier.
- 4 Divide cabbage and pelmeni into individual serving bowls, then top everything with the (drained) pickled apples and the caraway sour cream. Enjoy!

Potato Pelmeni: Potato, onion, milk, eggs, flour, semolina flour, salt, pepper **Braised Red Cabbage:** Red cabbage, onion, garlic, red wine vinegar, salt, pepper, caraway, bay leaf, mustard powder, parsley, rosemary **Caraway Sour Cream:** Sour cream, lemon juice, apple cider vinegar, dijon mustard, caraway seed, salt, pepper **Pickled Apples:** Apple, apple cider vinegar, water, sugar, salt

Contains: Wheat, milk, egg

Keep the contents of your meal kit bag refrigerated unless otherwise specified.

② READY-TO-EAT

Japanese tofu curry with rice

Heat curry and rice in separate saucepans over medium-low heat until hot; stir occasionally and cook for 6 to 8 minutes. For the rice, add 1/4 to 1/2 cup water and keep covered. Alternately, heat both in microwave on high, adding water if needed, stirring every minute or so, until hot for about 3 minutes.

Divide rice onto plates and top with Japanese tofu curry and enjoy!

Japanese Tofu Curry: Tofu (water, soybean, calcium sorbate), carrot, potato, onion, vegetable stock, kale, swiss chard, sweet pea, ginger, garlic, red wine vinegar, curry powder, salt, brown mustard seed, coriander seed, fennel seed, cumin seed, pepper, turmeric, cardamom, cinnamon, paprika, cayenne, olive oil, clove, bay leaf **Rice:** Brown rice, water, salt

Contains: Soy, wheat, milk

③ FARM-TO-FREEZER

baked ziti with eggplant, spinach and parmesan cream sauce

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