



THE PENDULUM

AUGUST 21-24, 2019



*Cooking is the art of adjustment.
- Jacques Pepin*

What's in the Box?

Ground Prosciutto

Ground Beef

Carolina BBQ Sausages

**Boneless, Skinless
Chicken Breast**

Coulotte Steak

COULOTTE STEAKS

THIS IS THE SIRLOIN CAP, AND WE CUT IT OUT INTO A STEAK. IT HAS NICE MARBLING AND PERFECT FOR THE GRILL. THE COULOTTE IN FRANCE IS THE NAME FOR THE CAP CUT INTO STEAKS, IN SOUTH AMERICA THEY DON'T CUT IT INTO STEAK, BUT THE CAP IS LEFT WHOLE AND GRILLED, CALLED PICHANA. IT IS ALSO THE SAME MUSCLE AS THE NY STRIP, SO IT MAKES A GREAT CUT OF MEAT. TAKES A MARINADE WELL, MEATY TASTE AND TENDER.



Bolognese Sauce

Ingredients

2 Tbsp. extra-virgin olive oil
2 medium onions, finely chopped
2 celery stalks, finely chopped
2 carrots, peeled, finely chopped
1 lb. ground beef
1/4 lb. ground prosciutto
1/2 cup dry red wine
3 cups beef stock or chicken stock, divided
3 Tbsp. tomato paste
Kosher salt and freshly ground black pepper
1 cup whole milk



Instructions

Heat oil in a large heavy pot over medium-high heat. Add onions, celery, and carrots. Sauté until soft, 8-10 minutes. Add beef and prosciutto; sauté, breaking up with the back of a spoon, until browned, about 15 minutes. Add wine; boil 1 minute, stirring often and scraping up browned bits. Add 2 1/2 cups stock and tomato paste; stir to blend. Reduce heat to very low and gently simmer, stirring occasionally, until flavors meld, 1 1/2 hours. Season with salt and pepper. Bring milk to a simmer in a small saucepan; gradually add to sauce. Cover sauce with lid slightly ajar and simmer over low heat, stirring occasionally, until milk is absorbed, about 45 minutes, adding more stock by 1/4-cupfuls to thin if needed.

Smoked Carolina BBQ Sausages

Our Carolina BBQ Sausages are a pork sausage with spices, mustard powder, vinegar, and red pepper flakes smoked to perfection.

Instructions:

Since the sausages are fully smoked, heat until hot throughout. Serve on a roll topped with the cole slaw. Add some Speedy's hot sauce if you dare.