



THE PENDULUM

DECEMBER 11-14 2019



"You are what you eat, so don't be fast, easy, cheap, or fake."

What's in the Box? December 11-14, 2019

- **Chuck Roast**
- **Ground Beef**
- **Boneless Pork Chops**
- **Green Chili Chorizo Sausage**

Regular Chef Holiday Cheesecakes

David "Regular Chef" Hannah not only makes the delicious sandwiches in our shop, the amazing sausages in your CSA box, and the best jams, he also makes the best cheesecake you have ever eaten. Preorder now before he sells out. Pickups are at Pendulum Fine Meats.

Flavors: Traditional, White Chocolate, Oreo, Caramel Swirl, Chocolate Caramel Swirl, and Sugar Cookie.

6 inch \$15

8 inch \$30

10 inch \$35

Email regularchef@gmail.com to place your orders and schedule a pickup date. All orders must be received by December 14th.

Recipes

Classic Pot Roast

INGREDIENTS

2 pound of boneless chuck roast
2 tablespoons extra virgin olive oil
Salt, pepper, and Italian seasoning to taste
2 large yellow onions, thickly sliced, lengthwise (root to tip), about 4 cups sliced onion
4 cloves garlic, peeled
1/2 cup red wine
1 bay leaf
Several carrots, peeled and cut into 2-inch segments

INSTRUCTIONS

Brown the roast on all sides: Use a thick-bottomed covered pot, such as a Dutch oven, just large enough to hold roast and vegetables. Heat 2 tablespoons of oil on medium high heat (hot enough to sear the meat). Pat the roast dry with paper towels. Sprinkle and rub salt, pepper, and Italian seasoning all over the meat. Brown roast in pot, all over, several minutes on each side. When roast is browned, remove from pan and set on a plate. **Brown the onions, add garlic, carrots:** Add the onions to the pan and cook for about 5 to 10 minutes, until they begin to brown. Add the garlic and carrots to sit on top of the onions. **Add roast and simmer:** Set the roast on top of the onions, garlic and carrots. Add 1/2 cup of red wine. Add the bay leaf and cover. Bring to simmer and lower heat.

Cook for 3 1/2 to 4 1/2 hours at 250 degrees, or longer, until meat is tender.



Green Chili Chorizo Sausage

This pork sausage is made with just the right amount of poblano and serrano peppers, cilantro, spinach, garlic, salt, and pepper. It is perfect for tacos, served with rice and beans, or to add a little spice to your polenta.