



THE PENDULUM

APRIL 15-18, 2020



"Wine is the most healthful and most hygienic of beverages."
— Louis Pasteur

What's in the Box?

- **Beef Stir Fry Sirloin**
- **Ground Beef**
- **Breakfast Sausage**
- **Chicken Thighs**
- **Chateau Haut Maco Robert 2012 Bourdeaux**

Stir Fry Sauce

Ingredients:

1/3 cup + 2 tablespoons soy sauce
1/4 cup sesame oil (can substitute other oils)
1 tablespoon cornstarch

We tried to keep this week's box simple so you can use what you already have in house and not make a trip to the store. This stir fry top sirloin is wonderful mixed with any fresh or frozen vegetables you have on hand. Serve with noodles or over rice.

Chateau Haut Maco Robert 2012 Bourdeaux

Who can't use a great bottle of wine right now? Côtes de Bourg grown in limestone-clay with alluvium sand. The average age of the vines is 30 years old. Grown with grass between the rows to create competition for the plants. Dense color, attractive intensity on the nose, gentle toasted with sweet spices, red and dark berries. The palate is attractively rounded and spicy with present tannins.

If you want to swap out the wine with dealer's choice sausage or ground beef, please email dana@pendulummeats.com.

Sausage Breakfast Casserole

INGREDIENTS:

1 lb. breakfast sausage
8 slices bread, cubed
4 cups of cheddar cheese
6 eggs
1/2 tsp. salt
3/4 tsp. dry mustard powder
2 cups milk
1 10oz. can of cream of mushroom soup
1/2 cup milk



INSTRUCTIONS:

Heat a large skillet over medium-high heat; cook and stir the sausage in the hot skillet until crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Grease a 9x13 inch baking dish. Spread the bread cubes into the prepared dish; sprinkle the browned sausage and Cheddar cheese ontop. Beat the eggs in a mixing bowl until smooth; add the salt, mustard powder, and 2 cups of milk and whisk until evenly blended. Pour the egg mixture over the bread cubes. Cover and refrigerate overnight. Preheat an oven to 300 degrees F. Whisk together the cream of mushroom soup and 1/2 cup milk; pour over the casserole. Bake in the preheated oven until firm and golden brown, about 1 1/2 hours.



Need something added to your CSA pickup? Email dana@pendulummeats.com and we will invoice you to pay online and have it ready with your CSA pickup. It is super easy to add deli meats, eggs, cheese, etc.