



THE PENDULUM

MAY 13-16, 2020



"Let your breakfast recharge your smile, warm your heart and brighten your day." —Anthony Hincks

What's in the Box?

- **1 lb. Boneless Pork Chops**
- **1 lb. Ground Beef**
- **1 lb. Dealer's Choice Sausage**
- **1 lb. Bacon**
- **1 Dozen Eggs**

Breakfast for Dinner

We are trying to use the CSA to support other local businesses during this difficult time. Last box, we were able to place a large order from Speedy's Hot Sauce in Virginia Beach. For this box, we are thrilled to support Mount Pleasant Farms in Chesapeake who supplied the eggs. We are also happy to support our friends over at Edward's in Surry County who supplied the bacon for this CSA.



Bacon and Mushroom Pork Chops

Ingredients:

5 strips bacon , uncooked
1 lb pork chops , boneless
salt and pepper
8 oz mushrooms , sliced
2 garlic cloves , minced
5 sprigs fresh thyme , just leaves
1 tablespoon olive oil
2 tablespoons flour
2/3 cup chicken broth
1/2 cup heavy cream



Instructions:

Chop bacon into smaller bites. In a large skillet, cook on medium heat until the bacon is cooked. Remove bacon from the pan to a plate, leaving the fat in. Season pork chops with salt and pepper. In the same pan, on high-medium heat, cook pork chops 4 minutes on each side in bacon fat, until nicely seared. Reduce heat to medium midway through cooking. Remove the pork chops to a plate from the pan. Add sliced mushrooms and minced garlic to the same pan. If needed, add 1 tablespoon olive oil. Season with salt. Sprinkle with fresh thyme leaves. Cook on medium heat for about 5 minutes, stirring, until mushrooms soften and release juices. Sprinkle 2 tablespoons of flour all over the mushrooms, and stir the flour in on medium heat. Add chicken broth and raise the heat to bring to boil, constantly stirring. You should have a smooth slurry from the flour and the chicken broth. Add heavy cream and stir it in while boiling until everything is smooth. Then reduce heat to low. Add back the pork chops and the bacon. Cook on low heat, covered, until the pork chops are cooked through. To serve, top pork chops with mushroom and bacon mixture and with more fresh thyme leaves.

Unstuffed Cabbage Rolls

Ingredients:

1 pounds ground beef
1/2 large onion, chopped
1/2 head cabbage, chopped
1 (14.5 ounce) cans diced tomatoes
1/2 (8 ounce) can tomato sauce
1/4 cup water
1 cloves garlic, minced
1 teaspoons salt
1/2 teaspoon ground black pepper



Instructions:

Heat a Dutch oven or large skillet over medium-high heat. Cook and stir beef and onion in the hot Dutch oven until browned and crumbly, 5 to 7 minutes; drain and discard grease. Add cabbage, tomatoes, tomato sauce, water, garlic, salt, and pepper and bring to a boil. Cover Dutch oven, reduce heat, and simmer until cabbage is tender, about 30 minutes.