



THE PENDULUM

AUGUST 5-8, 2020



"Cooking is a great way to get back in touch with things that brought us comfort." -Lizbeth Scott

What's in the Box?

- **1 lb. Gremolata Chicken Sausage**
- **1 lb. Ground Beef**
- **1 lb. Pork Chops**
- **1 Quart Beef Stock**
- **1 lb. Beef Stew Meat**

Seared Pork Chops with Pepper Jelly

Pat the chops dry with a paper towel and season with salt and pepper liberally. Don't be afraid to use the salt and pepper! Heat a cast iron or black steel pan over high heat. Create an even layer of oil around the whole pan. As you see the whips of smoke, add the pork chops to the pan. Sear on each side for 30-45 seconds. Transfer to oven safe dish and bake at 350 until an internal temperature of 145 degrees. While pork chops are baking, remove oil from the cast iron pan and deglaze the pan with 2 oz. wine. Add 8 oz. of pepper jelly and two pats of butter and stir until butter melts. Pour the pan sauce over the pork chops and serve.

*Need pepper jelly for this recipe? This week you can add on an 8 oz. container of Regular Chef Jams pepper jelly for this recipe for \$5. Please email dana@pendulummeats.com to add to your order!



Beef Stroganoff

INGREDIENTS:

1 lb. beef stew meat
1/4 cup all-purpose flour
1 1/4 teaspoons kosher salt
1 teaspoon freshly ground black pepper
8 ounces mushrooms, sliced 1/4-inch thick
1 small yellow onion, diced (about 1 cup)
2 cloves garlic, minced
1 1/4 cups beef stock
2 tablespoons Worcestershire sauce
8 ounces dried egg noodles
2 tablespoons unsalted butter, melted
1 cup sour cream (8 ounces)
2 tablespoons chopped Italian parsley leaves (optional)



INSTRUCTIONS:

Coat a 5-quart or larger slow cooker with cooking spray. Place the beef, flour, salt, and pepper in a large bowl and toss until the beef is evenly coated. Transfer the beef and any flour left in the bowl to the slow cooker. Add the mushrooms, onion, garlic, beef broth, and Worcestershire sauce, and stir to combine. Cover and cook until the beef is tender, 6 to 8 hours on the LOW setting, or 3 to 4 hours on the HIGH setting. 30 minutes before you are ready to eat, cook egg noodles according to package directions. Drain, toss with the butter, and set aside. Gradually and slowly stir the sour cream into the stroganoff. Serve over buttered noodles and sprinkle with the parsley if desired.

Chicken Gremolata Sausage

This linked chicken sausage is made with salt, lemon juice, lemon zest, olive oil, and parsley. It is a wonderful addition to pasta dishes with fresh summer vegetables.



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, wine, beer, etc.