



# THE PENDULUM

JULY 22-25, 2020



## What's in the Box?

- **1 Rack of Baby Back Ribs**
- **1 lb. Ground Beef**
- **1 lb. Chicken Thighs**
- **1 lb. Cherry Shallot Sausage**

*"Food is maybe the only universal thing that really has the power to bring everyone together." -Guy Fieri*

## Slow Cooker Baby Back Ribs

### *Ingredients:*

1 rack of baby back ribs  
 Salt and Pepper  
 1/2 cup water  
 1 garlic clove, minced  
 Barbecue Sauce

### *Instructions:*

Season ribs with salt and pepper. Pour water into slow cooker. Layer the ribs into the slow cooker. Top the ribs with onion and garlic. Cook on High for 4 hours (or Low for 8 hours). Preheat oven to 375 degrees. Transfer ribs to a baking sheet. Discard onion and garlic. Coat ribs with barbecue sauce. Bake in preheated oven until the sauce caramelizes and sticks to the meat, 10 to 15 minutes.



### Did you know?

Pendulum makes ancho chile bacon BBQ sauce in house for our Big Tex sandwich. You can add an 8 oz. container to your CSA for \$5. Email [dana@pendulummeats.com](mailto:dana@pendulummeats.com) to add some to your order.

## Hawaiian Chicken

### Ingredients:

Chicken Thighs

2 cups pineapple , cut into 1" chunks

1 yellow onion , cut into 1" chunks

3 tablespoons honey

2 tablespoons soy sauce

1/2 cup dark brown sugar

1 tablespoon grated ginger

2 garlic cloves , minced

2 teaspoons sesame seeds , optional

1 tablespoon cornstarch

1 red bell pepper , cut into 1" chunks

Parsley , for garnish



### Instructions:

Add the pineapple and onion to the bottom of the slow cooker. Mix the honey, soy sauce, brown sugar, grated ginger and garlic into the slow cooker. Add chicken thighs to the slow cooker.

Cook on low for 5 hours or on high for 3 hours. Add the cornstarch to a tablespoon of water, mix, and add to the slow cooker with the bell peppers and let it cook an additional 30 minutes.

Serve with parsley for a garnish if desired. Serve over rice.

## Cherry Shallot Sausage

This pork sausage is made with salt, sugar, white pepper, cloves, cinnamon, dried cherries, braised shallots, and red wine.

It's a great addition to squash casserole (or any casserole really) if you uncase, brown it and top the casserole with it and the cheese. It is also nice when baked or grilled with mashed potatoes and vegetable side.



Need to add additional items to your CSA pickup? Email [dana@pendulummeats.com](mailto:dana@pendulummeats.com) and we will have it ready for you. Friendly reminder to please make arrangements via email if you are unable to get your CSA on your regular pickup day.