



# THE PENDULUM

JULY 8-11, 2020



"The only thing I like better than talking about food is eating." -John Walters

## What's in the Box?

- **1.5 lbs. Pork Shoulder** (with 1 bottle of Dr. Pepper)
- **1 lb. Ground Beef**
- **1 lb. Chicken Breast**
- **1 lb. Breakfast Sausage**
- **1 Dozen Eggs**

## Chicken Lazone

### *Ingredients:*

2 chicken breasts  
1/2 teaspoon garlic powder  
Salt & pepper to taste  
Flour for dredging  
2 tablespoons butter  
1 tablespoon olive oil  
1 cup heavy whipping cream  
1/2 teaspoon smoked paprika  
1/2 teaspoon onion powder  
1/2 teaspoon chili powder  
1/4 teaspoon cayenne pepper  
1 dash Italian seasoning  
Fresh parsley

### *Instructions:*

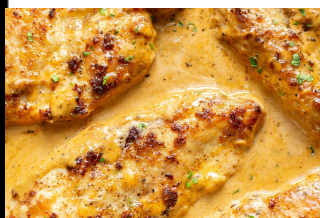
Prep your chicken (cut it in half lengthwise so you have 4 thinner cutlets). Sprinkle both sides of each piece of chicken with the garlic powder and salt & pepper. Coat each piece in flour.

Add the butter and oil to a skillet over medium-high heat. Once the pan is hot, cook the chicken for 4-5 minutes/side until it's nice and golden. Take the chicken out of the pan and set it aside.

Stir in the cream and scrape up the brown bits from the bottom of the pan so they're incorporated into the sauce.

Add the remaining spices and whisk them in until you've got a smooth sauce.

Add the chicken back into the pan and cook it for 5 minutes or so until the chicken is cooked through and the sauce has thickened up a bit. Season with more salt & pepper if necessary (the sauce needs a little more salt in my opinion). Serve with parsley sprinkled over top if desired.



## Dr. Pepper Pulled Pork

### Ingredients:

- 1.5 lb. Boneless Pork Shoulder
- 1 Bottle of Dr. Pepper
- 1 whole onion, peeled and sliced
- Salt and Pepper

### Instructions:

1. Liberally coat the pork shoulder in salt and pepper.
2. Sear off the pork shoulder in an oiled hot cast iron skillet, dutch oven, or saute pan. 2 to 3 minutes each side.
3. Place in roasting pan, slow cooker, or leave in dutch oven. Cover pork with Dr. Pepper and onion.
4. Braise in an oven or slow cooker until it starts to pull apart. Slow cooker on low for 4 to 6 hours, or you can put in an oven with a covered dish or dutch oven at 250 degrees for about the same time.



## Sausage and Mushroom Frittata

### Ingredients:

- 12 eggs, beaten
- 1 Tablespoon avocado oil
- 1/4 cup diced sweet onion
- 1 Teaspoon chopped garlic
- 1 lb. ground sausage
- 2 cups sliced mushrooms
- 3 large handfuls of fresh spinach
- 1 tomato, sliced

### Instructions:

Take a large 12 inch cast iron skillet and place on stovetop, on high heat. When your pan is hot, add avocado oil and coat the pan. Add onion and garlic and let reduce, stirring constantly for about 2-3 minutes. Add sausage stir, letting cook fully. Reduce heat to medium. Add the spinach and stir, letting wilt. Then add mushrooms and then pour eggs on top. Use a rubber spatula to gently fold the ingredients together. If your eggs don't quite cover all of the sausage and mushrooms, you can quickly whisk 2-3 more eggs together and pour on top. Let cook without stirring for approximately 10-15 minutes, or until the eggs around the outside edge start to firm and only to top is uncooked. Place tomato slices on top and transfer to oven. Broil 4-6 inches from the top for approximately 2 minutes, or until the top starts to brown. Remove from oven to let cool slightly and then serve.



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.