



THE PENDULUM

AUGUST 19-22, 2020



**"YOU CAN'T LIVE A FULL LIFE ON AN
EMPTY STOMACH."**

What's in the Box?

- **1 Pork Tenderloin**
- **1 lb. Ground Beef**
- **1 lb. Chicken Breast**
- **1 lb. Smoked
Andouille Sausage**

Mustard and Garlic Herb Crusted Pork Tenderloin

Ingredients:

1 pork tenderloin
Salt and Pepper
1 tbsp dijon mustard
1.5 tbsp olive oil
3 large cloves garlic chopped
1 tbsp Italian seasoning
1/2 tsp coarse sea salt



Instructions:

Preheat oven to 350 degrees. Place the tenderloin in the oven safe dish, such as cast iron or dutch oven. Season the surface of the tenderloin with salt and pepper. Cover the tenderloin with Dijon mustard, using a pastry brush. Prepare the herb mixture by mixing olive oil, chopped garlic, Italian seasoning and salt. Using a pastry brush cover the tenderloin with the herb mixture on top and all sides, except the bottom. Roast at 350 degrees for approximately 30 minutes, until internal cooking temperature reaches at least 145 degrees. Remove from the oven and rest for 5 minutes. Slice and serve.

Andouille, Shrimp, and Grits

Ingredients:

3/4 to 1 lb. shrimp
2 tablespoons butter
1 tablespoon olive oil
1 small onion, finely chopped
1 small green bell pepper, finely chopped
1 stalk celery, finely chopped
4 cloves garlic, minced
2 tablespoons all-purpose flour
1 tablespoon Cajun seasoning, or to taste
1/2 teaspoon cayenne pepper, or to taste
3 links smoked Andouille sausage links, halved lengthwise and sliced
1 cup chicken broth
1 can (15-ounce) diced fire-roasted tomatoes, undrained
12 ounces large wild-caught American shrimp, peeled, deveined and tail removed
1/3 cup heavy cream
salt and freshly ground black pepper, to taste
2 tablespoons chopped parsley plus more for garnish
3 cups chicken stock
Salt
1/2 cup quick grits
1/2 cup freshly grated Grana Padano or Parmesan cheese
2 tablespoons heavy cream
1 tablespoon freshly ground black pepper



Don't forget to add on grana padano cheese and chicken stock to your CSA if you are making this recipe!

Instructions:

Heat butter and oil in a large, heavy skillet over medium-high heat. Add the onion, reduce heat to medium-low and cook 3 to 4 minutes or until beginning to soften. Add the green bell pepper and celery. Cook 7 to 8 minutes or until very soft. Stir in garlic, flour, Cajun seasoning and cayenne and cook briefly (15 seconds). Add sausage, chicken broth and tomatoes. Bring to a boil, reduce heat to low and simmer for 8 to 10 minutes or until reduced slightly and thickened. Stir in shrimp and cook 2 to 3 minutes or until just firm. Stir in heavy cream and heat through. Serve with grits. For the grits, bring chicken stock to a boil. Add salt to taste. Slowly stir in quick grits and cook per package directions. Stir in cheese, cream and black pepper.



Need to add additional items to your CSA pickup? Email 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.