



THE PENDULUM

SEPTEMBER 30-OCTOBER 3, 2020



"Drinking good wine with good food in good company is one of life's most civilized pleasures." -Michael Broadbent

What's in the Box?

- **1.25 lb. Sirloin Steaks**
- **1 lb. Ground Beef**
- **1 lb. Char Siu Pork Sausage**
- **Pendulum Housemade Demi Glace**
- **1 Dozen Eggs**

Need Additional Items?

The fall frittata recipe calls for pancetta and goat cheese. We sell both in the shop. If you want to add these items on to your CSA, please email dana@pendulummeats.com. Our regular goat cheese is \$5 and the pancetta is \$23.99 lb. The recipe calls for 4 oz. Wine pairings listed in this newsletter can be added on to your CSA if they are ordered by Monday at noon.

- Rosemont Extra Brut- \$26.99
- Early Mountain Five Forks White- \$23.00
- Early Mountain Foothills Red- \$23.00
- Blenheim Claim House Red- \$27.00

Char Siu Pork Sausage

New sausage flavor and you get to be the first to experience it! Char siu is a popular way to flavor and prepare barbecued pork in Cantonese cuisine. It is classified as a type of siu mei, Cantonese roasted meat. This pork sausage is made with sugar, salt, Chinese 5 spice, white pepper, garlic, sesame oil, rice wine vinegar, soy sauce, and hoisin.



Pair with the Early Mountain Foothills Red Blend from the October "Butcher's Pour" box.

Fabulous Fall Frittata

Ingredients

1 tablespoon olive oil
4oz. pancetta, diced
1 small onion, thinly sliced
1 clove garlic, minced
4 oz mushrooms
10 eggs
¼ cup milk
1 teaspoon Chinese Five Spice (can sub thyme)
¼ teaspoon sea salt
black pepper, to taste
1 apple, thinly sliced ⅛-inch or so (honey crisp, granny smith, gala, etc)
4 oz goat cheese, roughly crumbled and divided
2 cups fresh greens roughly torn (spinach and kale work great)

Instructions

Preheat the oven to 350°F. Be sure the skillet you are baking the frittata in is well seasoned. Grease with olive oil if necessary. In another skillet on the stovetop over medium-high heat, add the pancetta, cook for a few minutes, stirring frequently, then reduce the heat to medium and add the onions and mushrooms. Sauté another 8-10 minutes until the onions are translucent and tender. Add the garlic and season with a little salt and pepper. Stir well, give it another minute or two. Remove the pan from the heat and allow it to cool. You don't want to add hot veggies to the eggs. Meanwhile, in a large bowl, add the eggs, milk, Chinese five spice, salt and pepper. Whisk until well combined. Add the thinly sliced apples, add the cheese (but reserve some for later), and the greens. Stir until well mixed. Add the cooled, cooked pancetta and veggie mix to the egg mixture and stir well to combine. Pour the egg mixture into the skillet. Crumble the remaining cheese evenly over top. Bake the frittata at 350°F for 20-30 minutes until golden and totally set. I recommend you begin checking it at 15 minutes and continue checking every 5 minutes or so. Depending on the thickness of the frittata, it could take more or less time. Let cool about 5 minutes before cutting.



Pair with the Rosemont Extra Brut from the October "Butcher's Pour" box.

How to Sear a Steak

1. Preheat cast iron skillet over high heat until lightly smoking. Preheat oven to 400°.
2. Pat meat dry with paper towels.
3. Season with salt.
4. Swirl vegetable or canola oil in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black.
5. Put skillet in the oven for 3 minutes.
6. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minute. Top with our a tablespoon or so of our housemade demi glace. Our demi is made with beef stock, peppercorns, juniper berry, bay leaf, and thyme. It can also be used to fortify soups or braises.



Pair with the Blenheim Vineyards Claim House Red from the October "Butcher's Pour" box.