



THE PENDULUM

OCTOBER 28-31, 2020



"Food is symbolic of love when words are inadequate." -Alan Wolfelt

What's in the Box?

- **1 lb. Boneless Pork Chops**
- **1 lb. Ground Beef**
- **1 lb. Currywurst Sausage**
- **1 lb. Chicken Breast**
- **Wensleydale Cheese**

Korean Pork Chops

This recipe calls for thin pork chops. We left them our usual cut to give you the option.

INGREDIENTS:

Boneless pork chops

1/2 cup soy sauce

4 tablespoons honey

2 cloves garlic - minced

2 teaspoons sesame oil

4 teaspoons fresh ginger - grated

2 tablespoons sweet chili sauce

2 tablespoons olive oil

INSTRUCTIONS:

In a medium size bowl whisk together soy sauce, honey, garlic, ginger, sesame oil and sweet chili sauce.

Pour half of marinade over the pork chops and allow to sit for 10 minutes. Reserve the remaining half of the marinade.

Heat olive oil in a large skillet over medium-high heat.; add pork chops to skillet, discard the marinade left in the bowl.

Cook chops until browned on one side, about 6 minutes.

Turn the chops over and add the reserved marinade to the pan. Cook until the pork reaches an internal temperature of 160 degrees.



Old Fashioned Goulash

Ingredients:

1Tbsp Olive Oil
1 lb. Ground Beef
1/2 lg Yellow Onion, diced
2 lg cloves Garlic, pressed or finely minced
1 lg Bay Leaves
1/2 cup Beef Broth
1 - 14.5 oz cans Diced Tomatoes with juice
1 - 15 oz cans Tomato Sauce
1 tsp Soy Sauce (or Worcestershire sauce)
1 tsp Seasoned Salt
1/2 tsp Black Pepper
1 tsp Italian Seasoning
1/2 Tbsp Paprika
1-1.5 cups Uncooked Small Elbow Macaroni



This recipe is so nostalgic for me. I can remember my mother always made this when my grandfather came to visit. It is comforting to me on a chilly night.

Instructions:

Heat a dutch oven or soup pot on med-high heat. When it is hot, add the oil, then add the ground beef. Cook, stirring occasionally, until browned. About 10 minutes. Drain the excess fat. Add the diced onion, garlic, and bay leaves. Cook for 4 minutes, stirring occasionally. Add the broth, diced tomatoes, tomato sauce, soy sauce, seasoned salt, pepper, Italian seasoning, and paprika. Stir well. Reduce the heat to low, cover and cook for 15 minutes, stirring occasionally. Stir in the macaroni noodles (uncooked), cover and cook for 15-25 minutes, or until pasta is cooked. Remove and discard bay leaves, then serve.

Wensleydale Cheese with Cranberries

Yorkshire Wensleydale or simply Wensleydale is a historic fresh, mild cheese that has been made in Wensleydale, North Yorkshire since 1150 by Cistercian monks. These monks continued to make the cheese until the dissolution of their monasteries in 1540. Traditionally, sheep's milk was used, but over the time cow's milk was also used. The art of making the cheese was passed by the monks to the farmer's wives who produced a blue variety of Wensleydale at their farmhouses.



Wensleydale Creamery produces five types of Wensleydale cheese depending on the age and flavours - Real Yorkshire Wensleydale, Mature Wensleydale, Extra Mature Wensleydale, Blue Wensleydale and Oak Smoked Wensleydale.

A Real Yorkshire Wensleydale is creamy-white in colour has a supple, crumbly, moist and flaky texture. It appears similar to a young Caerphilly. The flavour is mild, clean, and slightly sweet with hints of wild honey savour and fresh acidity. As it ages the cheese develops a fuller, deeper flavour as well becomes firmer.

Wensleydale goes well with fruit cake, apple and is a perfect accompaniment during lunchtime or tea time. It also tastes delicious with hot desserts like fruit pies and crumbles. It is the king of cheeseboard where its fresh, milky sweetness and robust flavors rule the roost.

This cheese would be great on a grilled chicken sandwich, in a salad, or my favorite scones! Click the link below for a recipe for Wensleydale Cheese Scones.

<https://www.wensleydale.co.uk/blog/yorkshire-wensleydale-cheese-scones/>