



THE PENDULUM

NOVEMBER 11-14, 2020



What's in the Box?

- **1.5 lb. Pork Boston Butt**
- **1 lb. Ground Beef**
- **1 lb. Peruvian Chicken Sausage**
- **1.5 lb. Beef Stew Meat**

"Nothing brings people together like a good meal."

Slow Cooker Pulled Pork

Ingredients

- 1.5 pound pork shoulder
- 1 tablespoons paprika
- 1 tablespoons brown sugar
- 1/2 teaspoon pepper
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon kosher salt
- 1/8 cup apple cider vinegar
- 1/2 cup water



Instructions

Mix together all of the dried spices and rub into all sides of the pork. Place vinegar and water in bottom of slow cooker. Carefully add pork (so you don't wash off spices). Cover and cook on low for about 8 hours. Remove pork and shred. Add juices from slow cooker as desired. If you want brown crispy ends you can put shredded meat on foil lined baking sheet and broil for a couple of minutes in the oven.

Beef Stew

Ingredients

1.5 pounds beef stew meat
1 teaspoon Kosher salt
1/2 teaspoon coarse ground black pepper
2 tablespoons flour
2 tablespoons unsalted butter
2 tablespoons canola oil
1/2 yellow onion chopped
4 cloves garlic minced
2 carrots cut into 2 inch chunks
2 Yukon potatoes chopped
4 cups beef broth
1/4 cup tomato paste
1 bay leaf
1 teaspoon thyme
1 tablespoon Worcestershire sauce

Instructions

Preheat the oven to 325 degrees and season the beef chunks with salt and pepper before dredging in flour. Add the butter and canola oil to a large dutch oven on medium heat and brown the beef on all sides in batches (3-4 minutes per batch). Remove the last batch of the beef and add in the onions, garlic and carrots and cook for 2-3 minutes until slightly caramelized before adding the potatoes in along with the broth, tomato paste, bay leaf, thyme and Worcestershire sauce and stirring to combine. Add the beef back into the pot, cover and cook in the oven for 3 hours, removing the bay leaf before serving.



This recipe pairs beautifully with the Domaine de la Guicharde from the November Butcher's Pour box. We love this wine not only for its rich cherry characteristics, but the winemakers Isabelle & Arnaud Guicharde are committed to making delicious wine responsibly. They are 100% biodynamic, and cofermenting with native yeasts. We are offering this bottle to CSA members for \$17. Email dana@pendulummeats.com to add on a bottle.

Peruvian Chicken Sausage

Our new Peruvian Chicken is made with chili powder, cumin, paprika, garlic, lime juice, cilantro, and plantains. We recommend serving this sausage with Aji Verde Sauce and rice.

Aji Verde Sauce:

Ingredients

3 jalapeño chili peppers, seeded if desired, and roughly chopped
1 cup packed fresh cilantro leaves
2 cloves garlic, roughly chopped
1/2 cup mayonnaise
1/4 cup plain greek yogurt
1 tablespoon fresh lime juice, from one lime
1/2 teaspoon salt
1/8 teaspoon freshly ground black pepper
2 tablespoons extra virgin olive oil



Instructions

Combine all of the ingredients except the olive oil in a blender or food processor and blend into a smooth sauce. With the motor running, open lid and slowly drizzle in olive oil. It will seem very runny at this point but, don't worry, it will thicken up as it sits. Transfer the sauce to a bowl, cover and refrigerate until ready to serve.