



THE PENDULUM

DECEMBER 9-12, 2020



"We all eat and it would be a sad waste of opportunity to eat badly." -Anna Thomas

What's in the Box?

- **1 lb. Boneless Pork Chops**
- **1 lb. Ground Beef**
- **1 lb. Philly Cheesesteak Sausage**
- **1 lb. Top Sirloin**

Top Sirloin Steaks

Preheat oven to 400 degrees. Preheat cast iron skillet over high heat until lightly smoking. Pat meat dry with paper towels. Season with salt. Swirl beef tallow or vegetable oil in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black. Put skillet in the oven for 5-7 minutes. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minutes. It is excellent topped with compound butter. Here is one of my favorite recipes for Garlic and Herb Compound Butter:

- 1 stick butter ½ cup, softened
- 1 ½ teaspoons lemon juice
- ½ teaspoon salt or to taste
- 1 clove garlic minced
- 3 tablespoons fresh parsley chopped
- 1 ½ tablespoons fresh chopped herbs basil, oregano, rosemary etc
- ¼ teaspoon black pepper

Instructions

1. Combine all ingredients in a bowl and mix until well combined.
2. Place on a piece of plastic wrap and roll into a log. Twist ends to seal well.
3. Refrigerate at least 1 hour.
4. Slice into rounds and enjoy on steaks, vegetables or bread.

Creamy Mushroom Pork Chops

Ingredients

Boneless Pork Chops
1/2 teaspoon Paprika
Kosher Salt , to taste
Black Pepper , to taste
1/4 cup Butter or Olive Oil , divided
8 ounces Mushrooms , sliced
4 cloves Garlic , minced
1 teaspoon Dijon Mustard
2 Tablespoons all-purpose Flour
2 cups Broth (beef, chicken or vegetable)
(optional) minced Parsley, Chives or Thyme leaves



Instructions

1. Season both sides of pork chops with ground paprika, salt and pepper.
2. Heat large skillet on medium-high heat and then add 2 tablespoons of butter or olive oil. Sear both sides of the pork chops until golden brown and cooked through, about 2-4 minutes per side. Remove pork chops from pan and set aside.
3. In same skillet over medium-high add remaining butter or olive oil. Add mushrooms and cook until golden and excess mushroom liquid evaporates, about 5 minutes.
4. Add garlic and mustard and cook for about 1 minute until garlic becomes fragrant.
5. Stir in the flour, cooking and stirring to remove lumps. Slowly add the broth, whisking until incorporated. Season with salt and pepper, to taste (the saltiness and flavors will concentrate some when it reduces down).
6. Reduce heat to medium, stirring often, simmer until thickened. Check for seasoning and salt again if needed.
7. Return pork chops to pan and cook for about 1 minute or until they are fully heated. Serve hot. Garnish if desired. Delicious served over rice or pasta.



The holidays are upon us.
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holiday orders now. Email
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to reserve your holiday
meats!

Regular Chef is now taking orders for holiday desserts, cheesecakes, cookies, and pies. Place your orders at www.regularchefgoods.square.site or email regularchef@gmail.com with your order and pick up date. Picks up will be made right here at Pendulum Fine Meats. Please place all orders by December 20th. Support small business this holiday season and throughout the year.

CHEESECAKES

Traditional
White Chocolate
Cookies "n" Cream
Caramel Swirl
Chocolate Caramel Swirl
Pumpkin
Sugar Cookie
Chocolate Chip Cookie
Prices: 6" \$15, 8" \$30, 10" \$40
Funfetti Cake
Prices: 6" \$20, 8" \$40, 10" \$45

Pies
Sweet Potato \$25
Maple Pecan \$30

Cookies
Holiday Funfetti
"Spida Bags"
(cookies that marry Oreo and
chocolate chip cookies together)