



THE PENDULUM

MARCH 31-APRIL 3, 2021



*"Food is our common ground, a universal experience."
-James Beard*

What's in the Box?

- **1 lb. Ground Beef**
- **1 lb. Banh Mi Sausage**
- **1 lb. Chicken Breasts**
- **Pendulum Pizza Kit**

(Housemade sauce, mozzarella, pizza dough, and pepperoni)

Cast Iron Skillet Pepperoni Pizza

First, you'll need to preheat the oven to 525° — or as hot as it'll go. Stretch the dough out, working it into a flattened round. Then, set a 9-12" cast-iron pan over a burner set to medium-high. You want to preheat the pan so it's hot but not smoking (just watch your hands — and don't grab the handle!). Although any size pan is really fine, keep in mind that the smaller the pan, the thicker the crust will be. If deep dish-style pizza is your jam, go for the 9". If you want a crispier crust, use a larger pan. Sprinkle the hot pan with cornmeal and flour, and set the dough snugly in the pan (again, watch your fingers). Pull the sides of the dough up the sides of the pan so it doesn't slump back down, being sure to distribute the dough evenly for no thin patches. Brush the top of the dough with olive oil and let it start cooking over the burner. Once the dough starts to bubble, season with salt and pepper and add marinara sauce. Spread the marinara over the dough, and don't worry about leaving too much space for a crust. Top with mozzarella cheese and pepperoni. Slide that pizza into the oven and let it bake for 10-15 minutes until the cheese is melted, bubbling, and golden. Let it rest a few minutes and slice.



Banh Mi Sausage

Our banh mi sausage is made with pork, carrots, daikon radish, cilantro, garlic, Hoison, and Sriracha sauce.

It makes a great rice bowl. Serve over steamed rice with vegetables. Toss it into your fried rice. Take it out of the casing and use it for the perfect lettuce wraps. Grill and serve it on a bun with Sriracha mayo.



Creamy Tomato Basil Chicken

Ingredients:

2 tbsp Olive oil
1 lb. Chicken breast, boneless, skinless
1 tsp Salt, divided
½ tsp Pepper
2 tbsp Tomato paste
3 Cloves garlic, minced
1 tsp Fennel seeds
1 tsp Crushed red pepper flakes
1 (14 oz) can Crushed tomatoes
1 cup Heavy cream
½ cup Parmesan cheese, divided
4 cups Kale, ribs removed, torn into small pieces, packed
¼ cup Basil leaves, thinly sliced



Instructions:

Heat olive oil in an ovenproof skillet cast iron skillet over medium-high heat. Season chicken breasts with ½ teaspoon salt and pepper. Add chicken to skillet and cook until golden, about 5 minutes. Turn and cook on the other side for another 5 minutes. Remove chicken from the pan and set aside. In the same skillet, add tomato paste, garlic, fennel seeds and red pepper flakes and cook until just fragrant, about 1 minutes. Add crushed tomatoes and bring to a simmer, allow to cook for 3 minutes. Stir in heavy cream, ¼ cup parmesan cheese and kale, stirring until kale is just wilted, about 3 minutes. Season with remaining ½ teaspoon salt and add chicken back into the skillet. Allow to cook for 5 more minutes or until the internal temperature of the chicken breasts reaches 165°F with an instant read thermometer. Serve topped with fresh basil and remaining cheese.