



# THE PENDULUM

APRIL 14-17, 2021



*"Good food is the foundation of genuine happiness."  
-Auguste Escoffier*

## What's in the Box?

- 1 lb. Coulotte
- 1 lb. Ground Beef
- 1 lb. Ground Pork
- 1 lb. Chicken Philly Cheesesteak Sausage
- 1 Dozen Eggs
- Grana Padana Cheese

## Coulotte or Picanha

Also known as the sirloin cap, this flavorful cut is so versatile. Coulotte is a lean steak that comes from this hindquarter section of the cow, specifically between the loin and the round. Often a couple of inches thick, Coulotte is usually identified by the thin layer of fat that covers one side of the cut. The fat layer gives coulotte much of its flavoring as there is little marbling inherent in this cut. Most people are first introduced to the top sirloin cap by its Brazilian name, picanha, which is the specialty of Brazilian churrascarias — steakhouses that grill and slice the steak off a skewer.



Whether cut into steaks or cooked as a roast, you will love this cut. We have left your in a one pound piece so you can cut into steaks, roast it, or cut into cubes for kabobs.

## **Emeis Red Blend**

*This wine pairs beautifully with the meatball recipe below.*

Fun juicy nose and intense rich flavors of fresh strawberry and sour cherries. Great with a little chill, and best served with red sauces pastas, grilled chicken, and pizza. Regularly \$22 in shop, we are offering this wine for \$18 to our CSA members. Please email [dana@pendulummeats.com](mailto:dana@pendulummeats.com) to add a bottle to your next pickup.



## ***Meatballs***

### Ingredients:

- 1 pound ground beef
- 1 pound ground pork
- 2 eggs (beaten)
- 1/2 cup breadcrumbs
- 1/2 cup grated grant padana cheese
- 1/2 cup finely chopped onion
- 4 teaspoons minced garlic
- 1.5 teaspoon kosher salt
- 1/2 teaspoon black pepper

### Instructions:

Preheat the oven to 400°F. Line a baking sheet with foil and spray with non-stick spray. Combine the meat, egg, breadcrumbs, cheese, salt, garlic, onion, black pepper and parsley in a bowl. Stir just until combined, do not over mix. Then form into 1 1/2" balls and place on the pan. Bake uncovered for 17-20 minutes, or until no longer pink in the middle.

Perfect served with red sauce over pasta, with oven roasted potatoes, as a meatball sub, or any other combination you can think of. This will be your go to meatball recipe.

