



THE PENDULUM

JUNE 23-26, 2021



"The key to a good meal is simplicity and the right seasoning." -Buddy Valastro

What's in the Box?

- **Top Sirloin Steaks**
- **1 lb. Ground Lamb**
- **1 lb. Sausage**
- **1 Container of Housemade Beef Demi Glace**

Housemade Beef Demi Glace

From Williams Sonoma

When cooks had the luxury of time, depth of flavor was achieved by making demi-glace. Demi-glace is the foundation for preparing many sauces and gravies, and enhancing the taste of soups, stews and risottos. Technically a classic French sauce, demi-glace is not exactly saucelike. It's made by slowly simmering stock, aromatics and wine into a superconcentrated, intensely flavorful glaze. In fact, Williams-Sonoma demi-glace results from 20 hours of gentle simmering. Here at Pendulum, we simmer ours for 3 to 4 days.

Our demi-glace is the modern cook's answer to depth of flavor. Just a tablespoon or two of this all-natural ingredient will add richness and savor to a variety of dishes. You can use demi-glace to make all manner of sauces for just the right finishing touch. You can stir demi-glace into soups, stews and risottos at the last minute to boost the taste. It is lovely on top of a cooked steak. Need a quick meal? Have our house roast beef sliced a bit thicker and top with the beef dome glaze. It's versatile—so experiment!

GREEK GYRO SKILLET

Ingredients

- 1 teaspoon Olive Oil
- 1/4 cup Diced Onion
- 2 cloves Garlic, Minced
- 1 pound Ground Lamb
- 1 cup Diced Zucchini
- 1/2 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 2 teaspoons Dried Greek Seasoning Blend
- 32 ounces Vegetable Broth
- 2 cups Basmati Rice
- 1/2 cup Roma Tomato, Diced
- 1/3 cup Chopped Kalamata Olives
- 1/4 cup Crumbled Feta Cheese



Instructions

1. Heat a large skillet over medium heat. Add oil and onions.
2. Cook onions until they are soft and translucent. Stir in garlic.
3. Add ground lamb. Cook and crumble until lamb is no longer pink.
4. Add zucchini and cook for just 3-4 minutes or until zucchini begins to soften.
5. Sprinkle in salt, pepper, and Greek seasoning; stir.
6. Add vegetable broth to the mixture and bring to a low boil.
7. Stir in rice, cover and reduce heat. Cook rice for 10-15 minutes or until it is fluffy and liquid has been absorbed.
8. Remove from heat.
9. Stir in tomatoes and olives and feta cheese.

A Note from Dylan and Dana

Though we do not deal with large commodity meat, the meat market prices do affect small farmers. Due to increased shortages of multiple items nationwide, our costs have steadily increased over the past 15 months. After trying for the last year to absorb this cost, we had to raise prices last week. It goes beyond the meat market. For example, a case of gloves used to be \$35 and we are now paying \$107 per case! We strive to provide at least 4 meats per pickup, but some weeks it might be three meats. We can't thank you enough for your support of our family and our business.