



THE PENDULUM

JUNE 9-12, 2021



"Having a good meal with your loved ones, that is what makes the experience." -Wolfgang Puck

What's in the Box?

- **Boneless Pork Chops**
- **Ground Beef**
- **Nashville Hot Chicken Sausage**
- **Beef Kebab Meat**

Nashville Hot Chicken Sausage

Nashville hot chicken is a Tennessee favorite and the word is spreading! Its typical preparation is a portion of chicken breast or thigh that has been marinated in a water based blend of seasonings. It is then floured, fried, and covered in a sauce that has been spiced with cayenne pepper. It is served on white bread with pickle chips. This simple dish has become super popular.

This brand new sausage flavor is made with chicken, salt, pepper, cayenne, chili powder, paprika, garlic powder, brown sugar, and hot sauce.

We recommend grilling or baking these sausages off and serving on a simple white roll with dill relish.



Steak Kebabs

From Cooking Classy

INGREDIENTS

For the marinade:

- 1/4 cup olive oil
- 1/4 cup soy sauce
- 1.5 tbsp lemon juice
- 1.5 tbsp red wine vinegar
- 2.5 tbsp Worcestershire sauce
- 1 tbsp honey
- 2 tsp Dijon mustard
- 1 tbsp minced garlic
- 1 tsp freshly ground black pepper

For the Kebabs:

- Beef kebab meat
- 8 oz button or cremini mushrooms
- 3 bell peppers (1 green, 1 yellow, 1 red)
- 1 large red onion diced into chunks
- 1 tbsp olive oil
- Salt and pepper
- 1/2 tsp garlic powder
- 10 wooden skewers soaked in water for at least 30 minutes

INSTRUCTIONS

For the marinade: In a mixing bowl whisk together all marinade ingredients.

For the kebabs: place steak into a gallon size resealable bag. Pour marinade over steak then seal bag while pressing out excess air and massage marinade over steak. Transfer to refrigerator and allow to marinate 3-6 hours. Preheat a grill over medium-high heat to about 425 degrees. With veggies on cutting board, drizzle with oil and lightly toss to coat. Sprinkle veggies evenly with garlic powder and season with salt and pepper. To assemble kebabs, layer steak and veggies onto kebabs in desired order. Brush grill grates lightly with oil. Place kebabs on grill and grill until center of steak registers about 140 - 145 degrees for medium temperature, turning kebabs occasionally, about 8 - 9 minutes.

