



# THE PENDULUM

JULY 7-10, 2021



*"Recipes tell you nothing. Learning techniques is the key." -Tom Colicchio*

## What's in the Box?

- **Whole Flank Steak**
- **1 lb. Ground Chicken**
- **1 lb. Green Chili Chorizo Sausage**

## Grilled Flank Steak with Garlic & Rosemary

### INGREDIENTS

- 1/2 cup extra virgin olive oil
- 2 tablespoons fresh chopped rosemary
- 4 cloves garlic, roughly chopped
- 2 teaspoons kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 whole flank steak

### INSTRUCTIONS

Make the marinade by combining the olive oil, rosemary, garlic, salt and pepper in a blender. Blitz for a few minutes, until garlic and rosemary are pulverized. Place the flank steak in a medium baking dish. Using a fork, poke meat about 10 times on each side. Pour the marinade over top and turn the steak a few times to coat evenly. Cover with saran wrap and refrigerate for at least 1 hour or overnight. Grease grill with oil and preheat to high. When grill is hot, grill flank steak covered for about 5 minutes. Turn and cook covered for about 3-4 minutes more. Let meat rest on cutting board, covered with aluminum foil, for about 15 minutes. Slice very thin against the grain.

**Save the leftovers for the recipe below!**

# Grilled Flank Steak with Tomato Salad

*Perfect for the leftover flank steak!*

## Ingredients

1 pint grape tomatoes, halved  
1/2 cup chopped fresh cilantro  
1/3 cup extra-virgin olive oil  
1 small jalapeño pepper, seeded and sliced  
2 teaspoons finely chopped garlic  
1/4 teaspoon salt

## Instructions

Combine tomatoes, cilantro, oil, jalapeño, garlic and salt in a medium bowl and toss well. Top leftover flank steak with the tomato mixture and enjoy! Perfect for a hot summer night.



# Orange Chicken

## Ingredients

1 pound ground chicken  
1 tablespoons ginger root minced  
2 teaspoons garlic minced  
1/4 tsp hot red chili pepper crushed  
1 tablespoon rice wine  
2 tablespoons water  
1/2 teaspoon sesame oil  
4 teaspoons soy sauce  
5 tablespoons sugar  
5 tablespoons white vinegar  
zest of 1/2 orange  
1 tablespoon water  
1 tablespoon cornstarch

## Instructions

To make the sauce combine the rice wine, 2 tablespoons water, sesame oil, soy sauce, sugar, white vinegar, and orange zest. To make the cornstarch mixture, dissolve 1 tablespoon cornstarch in the remaining 1 tablespoon of water and set aside. Cook the ground chicken in a large pan. Cook until a good crust forms before breaking apart, then finish cooking by breaking it apart with a spatula and cooking for an additional 2-3 minutes. Once the chicken is cooked add the ginger, garlic and crushed red pepper and cook for about 10 seconds. Add the orange sauce and bring to boil. Add the cornstarch mixture to the pan and cook for just a few seconds, stirring until it thickens. Serve over rice with steamed broccoli.

