



THE PENDULUM

AUGUST 18-21, 2021



*"Ask not what you can do for your country.
Ask what's for lunch." -Orson Welles*

What's in the Box?

- **London Broil**
- **Pendulum**
Housemade Cleaver
Steak Sauce
- **Ground Chicken**
- **Baconwurst**
Sausage

London Broil with Cleaver Steak Sauce

Ingredients:

4 cloves garlic, minced
1/4 cup olive oil
2 tablespoons Worcestershire
2 tablespoons dry red wine
kosher salt and fresh cracked pepper



Instructions:

Whisk the marinade ingredients together in a large bowl. Make several (about 10) small, shallow incisions all over the meat. Place the meat in the bowl and coat both sides with the marinade. Cover and marinate 6-8 hours or overnight. Remove steak about 1 hour before you'd like to cook it so it has a chance to come up to room temperature. Discard the marinade. Pat the steak dry. Heat your grill on medium, lightly oil grate. Grill 9 - 10 minutes on each side for medium rare or until desired doneness. Remove from heat, let rest for 10 minutes. Slice against the grain. Serve topped with Cleaver Steak Sauce. Our Cleaver steak sauce packs an umami rich taste due to the fermented black garlic.

Chicken Parm Sliders

Ingredients:

1 lb. ground chicken
1/2 c. Italian bread crumbs
1/4 c. freshly grated Parmesan
2 tbsp. chopped fresh parsley
1 tsp. garlic powder
Kosher salt
Freshly ground black pepper
2 tbsp. canola oil
2 c. Marinara Sauce
12 Slider buns
6 slices mozzarella
2 tbsp. torn fresh basil

Instructions:

Preheat oven to 350°. In a large bowl, combine ground chicken with bread crumbs, Parmesan, parsley and garlic powder. Season generously with salt and pepper, then mix with a spatula until just combined. Using your hands, form 12 equally sized patties. In a large skillet over medium-high heat, heat oil. Cook the burgers in batches until golden, 3 to 4 minutes per side.

Wipe out skillet, pour in marinara sauce, and add all patties back into the pan. Bring sauce to a simmer, toss burgers to coat, then remove from heat. In a 9"-x-13" baking dish, add slider bun bottoms, then add chicken patties and top with sauce. Cover with mozzarella slices and sprinkle with basil. Place top buns on and bake until buns are golden and cheese is melted, 10 to 12 minutes. Serve immediately.



CHARCUTERIE TASTING AND BOARD MAKING CLASS **THURSDAY, AUGUST 26TH AT 6:00PM**

In this class we will discuss various types of charcuterie and the curing process. Participants will be able to taste a variety of charcuterie during the class and learn how to create the perfect charcuterie board. Participants will be able to make their own personalized charcuterie boards to take home after the class (just the board, no meat included in take home). Choices of boards are below. Wine and beer are available for purchase. Class is limited to 10 participants at this time. We require a 24 hour cancellation notice to be eligible for a refund. Questions? Email dana@pendulummeats.com. Please click on the link (pendulummeats.square.site) to register.



"The Coordinates"
Please provide City and State.



"The Norfolk Mermaid"



"The Personalized Mermaid"
Please provide Name, City, and State



"The Hog"
Please provide Name, City, and State