



# THE PENDULUM

SEPTEMBER 29-OCTOBER 2, 2021



*"Willkommen zum Oktoberfest."*

## What's in the Box?

The Oktoberfest Box

- **Currywurst Sausage**
- **Chicken Breast**
- **Ground Beef**
- **Top Round**
- **Ground Bacon**

## German Beef Rouladen

Rouladen is a traditional German dish featuring long, thin strips of meat slathered with mustard and filled with onions and pickles. The filling is enclosed by rolling up the meat strips and the roulades are then browned and slow-simmered in a rich gravy.



Check out this great recipe from the NY Times:

<https://cooking.nytimes.com/recipes/10158-braised-beef-rolls-rouladen?>

[action=click&module=Tag%20Page%20Recipe%20Card&region=german&pgType=tag&rank=75](https://cooking.nytimes.com/recipes/10158-braised-beef-rolls-rouladen?action=click&module=Tag%20Page%20Recipe%20Card&region=german&pgType=tag&rank=75)

# German Potato Salad

## Ingredients

2 lbs red potatoes or Yukon gold potatoes  
1/2 lb. ground bacon  
2 cups chopped red onion  
2 tsp minced garlic  
1/2 cup chicken broth  
1/4 cup apple cider vinegar  
1 Tbsp dijon mustard  
2 tsp granulated sugar  
Salt and pepper to taste  
1/2 cup chopped fresh parsley  
2 Tbsp olive oil



## Instructions

Place red potatoes on a steamer basket set in a pot with about 1 1/2-inches of water. Bring water to a simmer over medium-high heat. Cover pot with a snug lid and let steam until potatoes are tender. Set aside to cool just until warm enough to cut into chunks. While potatoes are steaming, cook bacon in a 12-inch non-stick skillet over medium-high heat until crisp. Remove bacon, set aside and leave drippings in skillet. Add onions to skillet with drippings and cook 5 minutes. Add garlic and cook 30 seconds longer. Pour in chicken broth, vinegar, dijon mustard and sugar. Bring to liquid to a simmer and let reduce by about half for a minute or two. Add chopped potatoes, bacon and olive oil and toss. Season mixture with salt and pepper to taste. Remove from heat, toss in parsley. Serve warm. If mixture seems to be just slightly dry you can either toss in a little more olive oil or chicken broth.

# Chicken Schnitzel

## Ingredients:

2 chicken breasts  
Salt and black pepper  
1/4 cup all-purpose flour  
1 large eggs, beaten  
1/2 cup fresh breadcrumbs (pulse 3 slices of bread)  
1/4 teaspoon garlic powder  
canola or vegetable oil for frying  
lemons and chopped parsley for serving



## Instructions:

Place the chicken between two sheets of plastic wrap and pound them until they are 1/4 inch thick. Lightly season both sides with salt and black pepper. To make breadcrumbs, pulse 3 slices of bread in food processor until you get crumb mixture. You can also use plain breadcrumbs if you don't have fresh bread. Place the flour, egg and breadcrumbs in 3 separate shallow bowls. Add garlic powder to breadcrumbs and mix to combine. Preheat oven to 200°F. Place wiring cooling rack on baking sheet and set aside. Heat 1/4 inch oil in large skillet over medium-high heat. While skillet is heating up, dip the chicken in the flour, then the eggs, then the breadcrumbs, coating both sides and all edges at each side. Gently shake off excess breadcrumbs. Cook 2 cutlets at a time until golden brown, about 3 minutes per side. Transfer to wire rack and place in oven while cooking the remaining cutlets. Squeeze fresh lemon juice and top with chopped parsley and serve immediately.