



THE PENDULUM

OCTOBER 12-16, 2021



*"Life starts all over again when it gets crisp in the fall."
- F. Scott Fitzgerald*

What's in the Box?

- **Pork Tenderloin**
- **Pumpkin Sausage**
- **Ground Brisket**
- **House Smoked Cheddar**
- **Pendulum Lard**

Brisket Chili

INGREDIENTS:

1 lb. ground brisket
 3 (15 oz.) cans diced tomatoes with green chiles
 2 (15 oz.) cans beans, drained (black beans, kidney beans, or a combination)
 1 small white onion, diced
 2 Tbsp. chili powder
 Optional toppings: smoked cheddar, chopped green onions, sour cream, cilantro, etc.

INSTRUCTIONS:

In a large stockpot, cook ground brisket over medium-high heat until browned, stirring frequently. Drain the excess grease. Add remaining ingredients and stir to combine. Bring to a boil, then reduce heat to medium low, cover, and simmer for 15 minutes or until the onion is cooked and softened. Top with grated smoked cheddar cheese and serve with cornbread.



Cornbread

Make this recipe with your Pendulum lard.

Ingredients

- 1 1/4 Cup Organic Cornmeal
- 3/4 Cup Flour
- 1 Tablespoon + 1 teaspoon Baking Powder
- 3/4 teaspoon Sea Salt
- 1/4 Cup Whole Cane Sugar
- 2 Eggs, beaten
- 1 1/2 Cup Buttermilk
- 1/4 Cup Lard



Instructions

Start by larding up a cast iron skillet. Place the larded skillet in an oven and start preheating to 425°F. Combine cornmeal, flour, baking powder, sea salt, and sugar in a bowl. Whisk all that goodness together. In a smaller bowl, beat together eggs and buttermilk. Make a well in your dry ingredients and pour the egg/buttermilk mixture in. Stir everything together quickly. Just until incorporated. Do not over mix. It's ok if it's lumpy. Pour your batter into that hot skillet you just pulled out of the oven. Bake 18-22 minutes, or until top is lightly browned and pulling slightly away from the pan edge.

Risotto with Pumpkin Sausage

Ingredients

- 2 cups chicken stock
- 2 Tablespoons butter
- 1 small onion, finely chopped
- 2/3 cup arborio rice
- 1/2 cup dry white wine
- 1/4 cup grana padano cheese



Instructions

Heat the chicken stock in a saucepan until it's simmering, then reduce heat to low. In a separate large frying pan, melt the butter and sauté the onion until soft, but not browned. Add the rice and reduce the heat to low. Stir well to coat the grains of rice in the butter, for about 2 minutes. Add the wine to the rice and turn the heat up to medium. Cook, stirring the rice continuously, until all the liquid has been absorbed (about 5 minutes). Add 1/2 of the warmed chicken stock slowly, stirring continuously so the rice cooks evenly. Continue stirring and cooking over medium heat until most of the liquid is absorbed, then repeat with second half of stock. Continue stirring until liquid is absorbed again and the rice is al dente, and the risotto has a nice creamy texture. This will take around 20 minutes of cook/stir time. Remove from heat as soon as the rice is soft and completely cooked. Stir in the grana padano cheese, top with cooked pumpkin sausage, and serve.