



THE PENDULUM

NOVEMBER 10-13, 2021



*"Good food is the foundation of genuine happiness." -
Auguste Escoffier*

What's in the Box?

- **Beef Tri Tip**
- **French Onion Soup**
- **Sausage**
- **Ground Beef**
- **Pork Chops**

Thai Basil Beef

Ingredients:

2 tbsp. olive oil
1 lb. ground beef
1 cup loosely packed fresh basil leaves, divided
1 bell pepper, thinly sliced
1 onion, thinly sliced
6 garlic cloves, minced
Cilantro

For the Thai Basil Beef
Sauce:

1 tbsp. chili paste
2 tbsp. soy sauce
1 tbsp. fish sauce
1 tbsp. brown sugar
2 tbsp. fresh lime juice

Instructions:

In a small bowl combine chili paste, soy sauce, fish sauce, brown sugar and lime juice until incorporated, set aside. Heat oil in a large skillet set over medium high heat. Add the ground beef and cook until browned, breaking it up with a spoon and stirring often, about 6 minutes. Add the bell pepper, onion and garlic to the beef and cook until vegetables start to soften, about 5 minutes. Pour the sauce mixture along with the fresh basil (reserving a fresh few leaves for the top) and continue cooking until basil starts to wilt. Serve over rice topped with fresh basil and fresh cilantro.



Santa Maria Grilled Tri-Tip

Tri tip is a triangular cut of beef cut from the bottom of the sirloin. Named after its triangular shape with a tapered “tip”, tri tip might just be one of the most flavourful cuts of meat that you’ve never heard of. It is often confused with brisket or picanha, tri tip is most popular in southern California, so you can be forgiven if you’ve never come across it before. We get so many requests from our Navy friends stationed here that miss their tri tip from California days. It is also called a California cut, a bottom sirloin butt, a Newport steak, or a Santa Maria steak. Tri tip dates back to early 19th century America, where it was a write-off and ground up to be used in hamburger meat. It wasn’t until the 1950s when Bob Schutz, the then-owner of Santa Maria Market, upon receiving an excess of hamburger meat, decided to prepare and eat it like a steak. The result was well received and the rest, as they say, is history. Take care when slicing your tri tip – an incorrect cut can take the meat from tender and juicy to tough and chewy. Tri tip has two distinct grain patterns: one vertical and one horizontal. For best results, cut the steak in half where the two grains intersect. Then slice each piece against the grain, to ensure you get the most tender slices of meat. (From Steak School)



Ingredients:

- 2 tsp. salt
- 2 tsp. pepper
- 2 tsp. garlic powder
- 1.5 tsp. paprika
- 1 tsp. rosemary
- 1 tsp. onion powder
- 1/4 tsp. cayenne pepper
- 1.5 lb. Beef Tri Tip
- 1/3 cup red wine vinegar
- 1/3 cup vegetable oil
- 4 cloves crushed garlic
- 1/2 tsp. dijon mustard

Instructions:

Stir salt, black pepper, garlic powder, paprika, onion powder, rosemary, and cayenne pepper together in a bowl. Place beef in a glass baking dish and coat beef on all sides with spice mixture. Cover the dish with plastic wrap and refrigerate for 4 hours. Combine vinegar, vegetable oil, crushed garlic, and Dijon mustard together in a sealable container. Cover the container and shake to blend ingredients. Remove beef from refrigerator, uncover, and let sit at room temperature for 30 minutes. Preheat an outdoor grill for high heat, and lightly oil the grate. Place meat on preheated grill and brush with garlic-vinegar mixture. Cook meat for 4 minutes, flip, and baste. Repeat the flip and baste process every 4 minutes until beef starts to firm and is reddish-pink and juicy in the center, 25 to 30 minutes total. Let rest for at least 10 minutes before slicing.

Reserve Your Thanksgiving Turkey

We only have about 20 of our turkeys left! Don't miss out!

<https://pendulummeats.square.site/product/thanksgiving-turkey-deposit-all-pickups-will-take-place-november-20-24-2021-/189?cs=true&cst=custom>