



# THE PENDULUM

APRIL 20-23, 2016



**What's in the Box  
For Week of  
April 20-23, 2016**

**1 lb. Smoked Country Sausage**

**2 Chicken Breasts**

**1 lb. Ground Beef**

**1 lb. Ground Lamb**

**Housemade Tzatziki**

*"Cooking is the art of adjustment."  
-Jacques Pepin*

## *Sautéed Chicken with Sage Browned Butter*

### Ingredients:

2 boneless skinless chicken breasts  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
Cooking spray  
1/2 cup all-purpose flour  
3 tablespoons butter  
2 sage sprigs  
1 tablespoon minced shallots  
1 teaspoon chopped fresh thyme  
2 tablespoons lemon juice  
Fresh sage leaves (optional)



### Directions:

Place each breast half between 2 sheets of plastic wrap; pound to 1/4-inch thickness. Sprinkle with salt and pepper. Heat a large skillet over medium-high heat; coat with oil. Place flour in a shallow dish; dredge chicken in flour. Add chicken to pan; sauté for 4 minutes on each side or until done. Remove chicken from pan. Add butter and sage sprigs to pan; cook over medium heat until butter browns. Discard sage. Add shallots and thyme; cook for 30 seconds. Add lemon juice; cook for 30 seconds. Serve with chicken. Garnish with sage leaves, if desired.

## Recipes

### Lamb Burgers

#### Ingredients:

1 pound ground beef  
1 pound ground lamb  
3 tablespoons diced red bell pepper  
3 ounces fresh mint leaves, chopped  
1 tablespoon minced onion  
1/4 teaspoon ground allspice  
1/4 teaspoon ground cloves  
1/4 teaspoon coriander  
1/4 teaspoon ground cumin  
1/4 teaspoon ground black pepper  
Pinch cayenne pepper



#### Directions:

Mix the beef, lamb, bell peppers, mint, onions, allspice, cloves, coriander, cumin, black pepper and cayenne pepper. Form into 6 patties. Cook the burgers to your liking in a skillet or on a grill. Serve with our house made Tzatziki sauce on your choice of bread, pita, or bun.

**Need shrimp for our Shrimp and Grits recipe? Go visit our friend John over at Ghent Seafood.**

100 West 20th Street,  
Norfolk

(757) 622-2702

Tuesday - Saturday | 11 AM - 6 PM

Sunday | 12 - 5 PM

**GHENT**  
*Seafood*

# Shrimp and Grits

*From Epicurious*

## Grits:

- 1 cup yellow grits (not instant)
- 1 cup grated sharp white cheddar
- 1 tablespoon unsalted butter
- 1 jalapeño, seeded, diced
- 1/4 cup heavy cream
- Kosher salt
- Freshly ground pepper

## Shrimp:

- 1/2 cup smoked country sausage
- 1 tablespoon vegetable oil (optional)
- 3 garlic cloves, sliced
- 2 tablespoons (1/4 stick) butter, divided
- 16 large shrimp (about 1 pound), peeled, deveined
- 1/4 cup (or more) beer
- 1/4 cup low-salt chicken stock
- 4 large eggs
- 1 tablespoon chopped fresh tarragon

**For grits:** Bring 3 cups water to a simmer in a large saucepan. Gradually whisk in grits. Turn heat to low; gently simmer until grits begin to thicken. Continue cooking, stirring often and adding water by 1/4 cupfuls if too thick, until tender, about 1 hour. Stir in cheese, butter, and jalapeño, then cream. Season with salt and pepper. Keep warm.

**For shrimp:** Meanwhile, heat a large heavy skillet over medium heat. Add sausage. Add garlic and 1 tablespoon butter; stir until butter melts. Add shrimp. When garlic begins to brown, add beer and chicken stock. Simmer until shrimp is cooked through, about 2 minutes. Remove skillet from heat; set aside.

Heat a large nonstick skillet over medium heat. Add remaining 1 tablespoon butter to skillet; swirl to melt and cover bottom of pan. Crack eggs into pan and cook until whites are just set but yolks are still runny, about 3 minutes. Divide grits among bowls, forming a well in center. Spoon shrimp mixture into center of grits. Top with egg. Sprinkle tarragon over top.

