



THE PENDULUM

AUGUST 10-13, 2016



Did you know?

In Oklahoma it is illegal to take a bite of someone else's hamburger.

(You are going to make this a house law after trying the Regular Chef burger this week.)

What's in the Box? August 10-13, 2016

1 Package of Chicken Breast

Mexican Chorizo Sausage

Beef Stew Meat

Ground Beef for Burgers with:

- **Bacon Slices**
- **Local Tomato Jam by Regular Chef**

Chorizo Gnocchi

Ingredients:

16 ounces potato gnocchi

1/2 pound fresh chorizo,
casing removed

3/4 cup chopped, jarred
roasted red peppers

1 small onion, chopped

1/2 teaspoon kosher salt

3 cups loosely packed baby
spinach



Directions:

Bring a pot of water to boil. Add in the gnocchi and cook it per the instructions on the packages. In a large skillet set over medium high heat, brown chorizo and break it up with a wooden spoon. Add the roasted red peppers, onions and salt. Cook until the onions have softened, about 5-7 minutes. Add the baby spinach and toss until leaves have wilted. Drain and add gnocchi and toss everything to incorporate.

The Regular Chef Burger

Ingredients:

16 ounces ground chuck
4 potato buns
1/4 cup vegetable oil
1 cup thinly sliced white onions
4 slices America cheese
4 slices muenster cheese
8 slices of Applewood smoked bacon
12 dill pickle chips
4 ounces of tomato jam
Kosher salt and ground black pepper to taste



Directions:

To make the patties roll four 4 ounce balls with the ground chuck and form each ball into a patty. Arrange on a tray, cover and refrigerate.

Heat a large pan over medium high heat, and add 1/8 cup of the oil, enough oil to cover the bottom of the pan. When the oil begins to smoke add the bacon and cook until crispy. Remove with a slotted spoon and drain on paper towels.

Turn the pan down to medium heat and add the remaining 1/8 cup of oil. Add the 1 cup of sliced onions and turn them with a spatula until they are evenly coated in the oil. Continue to cook the onions turning them every few minutes until the onions have a deep dark brown color. If onions start to burn reduce the heat and add more oil. Once the onions are cooked remove them for the pan and place in a bowl.

Wipe the pan clean and the heat to medium place the patties in the pan. Season the patties with the salt and pepper and cook for 3 minutes. Flip and cook the other side for another 3 minutes. Place two slices of bacon and one slice of each cheese on each patty. Continue to cook until cheese is melted.

Toast your buns in the oven or broiler for a few minutes with a little butter (Be careful not to burn)

To assemble the burgers, place 2 ounces of tomato jam on the bottom bun. Then add the burger with the bacon and melted cheese. Next add some of the caramelized onions and three dill pickles. Finish with the top bun and enjoy!

Regular Chef jams is a company that specializes in savory jams and jellies that compliment and add a great level of flavor to almost all foods. The company was created by David "Regular Chef" Hannah. The concept of the company came from a challenge from one of his culinary teachers who challenged him to make an amazing burger not using traditional condiments (ketchup, mustard, and mayo).

From that challenge his almost famous tomato jam was born and was used on burgers. The flavor tomato jam give burgers is so great ketchup is no longer needed (essentially ketchup is dead when it comes to burgers just kidding, but not really). After tomato jam, a sweet pepper jelly and a jalapeño pepper jelly followed. All our products are made with fresh local produce. Our goal is to changes lives one jar of pepper jelly and tomato jam at a time.



Burgundy Beef Tips

Ingredients:

1 pound beef stew meat
1 (8-oz.) package sliced fresh mushrooms
1 (10 3/4-oz.) can cream of mushroom soup
1/2 cup dry red wine
1 (1-oz.) envelope dry onion soup mix
1/8 teaspoon pepper

Directions:

Stir together beef tips and remaining ingredients in a lightly greased 5-qt. slow cooker. Cover and cook on HIGH 4 hours or until beef is tender, stirring once after 2 hours.



Chicken Pasta

Tis the season for the freshest squash and zucchini. If you have a garden like we do, the squash and zucchini are going crazy right now. A few years ago, I came up with this recipe to help use up all the vegetables.

Ingredients:

Penne or Farfalle Pasta
Chicken Breasts
Squash
Zucchini
Mushrooms
Minced Garlic
Olive Oil
White Wine
Salt
Pepper
Crumbled Feta Cheese

Directions:

Cook penne or farfalle pasta according to package instructions. Season chicken breast with salt and pepper. In a cast iron skillet, sear off chicken breasts. Transfer to the oven to finish cooking. Slice squash, zucchini, and mushrooms and place in ziploc bag. Season with salt, pepper, minced garlic, olive oil, and white wine. Allow veggies to sit in the bag for a few minutes. Cook vegetables in a pan with marinating liquid. Dice the chicken breast and add to the pan. Add pasta to the pan and mix. Finish with crumbled feta cheese.