



THE PENDULUM

FEBRUARY 22-25, 2017



"Local food is about getting the freshest and best-tasting food. It's also about connecting to and strengthening your community." -Anna Lappe

What's in the Box
February 22-25, 2017

Garlic & Thyme Sausage

Whole Organic Chicken with Brining Kit

Beef Stew Meat with Bacon for Recipe

How to Brine and Roast Chicken

Brine: Bring 1/2 gallon of water to a boil. Stir in brine ingredients. Boil until dissolved, about 3 minutes. Add very cold water or ice to brine, to bring up one gallon total. The brine needs to be very cold before adding the chicken. Refrigerate if necessary. When brine is cold, add the thawed or par frozen chicken to brine. Brine overnight. Minimum of 8 hours, do not exceed 24 hours.

Take chicken out of the brine, pat dry with paper towels and dry out in the refrigerator uncovered until ready to roast. The drier the skin the crispier it will be when cooked.

To roast, stuff cavity with herbs and aromatics i.e. 1/2 lemons, limes or onions. Garlic cloves crushed are nice too. Season exterior liberally. Salt and Pepper are definitely nice, add lemon zest or a little cayenne for spice. Whatever you may prefer. Anything wet will lead to soggy skin, or sugary will lead to burnt skin.

Place in a 400 degree oven for 15 minutes and turn down oven to 300. Finish cooking until an internal temperature of 165 is achieved in the thickest part of the breast. Let rest 15 to 20 minutes before carving.

Recipes

One Pan Roasted Vegetables with Sausage

Ingredients

- 2 red potatoes
- 1/2 pound green beans
- 1 large head of broccoli
- 2 large or 6-7 mini sweet bell peppers, chopped
- 1 pound garlic & thyme sausage
- 6 tablespoons olive oil
- 1/4 teaspoon red pepper flakes optional
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Serve with fresh parsley, quinoa/rice, lots of freshly grated Parmesan cheese



Instructions

- 1 Preheat the oven to 400 degrees F.
- 2 Line a large sheet pan with foil or parchment paper.
- 3 Prep the veggies: chop the red potatoes (pretty small pieces here so they will be tender in time), trim the green beans and halve (see video above recipe), chop the broccoli, chop the peppers into thick squares, and coin the sausage in thick slices.
- 4 Place all the veggies and sausage on a sheet pan. Pour the olive oil and all the spices on top. Toss to evenly coat all the veggies and meat.
- 5 Bake 15 minutes, remove from the oven and flip/stir all the veggies around. Return to the oven and bake for another 10-15 minutes or until vegetables are crisp tender and sausage is browned.
- 6 If desired, sprinkle freshly grated Parmesan cheese over the veggies and sausage as soon as they come out of the oven.
- 7 Enjoy with rice or quinoa and fresh parsley if desired.

Did you know?

We are happy to add anything to your order and bring it to your pickup location or have it ready for you in the shop. Need beef stock or chicken breasts for another recipe? Email dana@pendulummeats.com and we will get everything ready for you before you pickup. Picking up at Town Center or the Shore Drive Market? We can invoice you online via Square and bring it with us.

Julia Child's Beef Bourguignon



Ingredients:

3 slices bacon, cut into lardons
1 1/2 tablespoons extra-virgin olive oil
1 pound stewing beef, cut into 2-inch chunks
1 large carrot, sliced
1/2 large white onion, sliced
1 pinch coarse salt and freshly ground pepper
1 tablespoons flour
1 cups red wine, like a chianti
1 1/2 cups beef stock
1/2 tablespoon tomato paste
1 cloves smashed garlic
1/4 teaspoon thyme
1/2 crumbled bay leaf
6 to 8 small pearl onions
3 1/2 tablespoon butter
1 herb bouquet (2 sprigs parsley, 1 sprigs thyme, 1 bay leaf)
8 oz, fresh white mushrooms, quartered

Instructions:

Preheat oven to 450°F. In a large dutch oven, sauté the bacon in olive oil for about 3 minutes, until it starts to lightly brown. Remove with a slotted spoon and set aside. Dry the beef in paper towels for better browning. In batches, sear the beef on all sides in the Dutch oven. Set aside with the bacon. Back in the pot, add the sliced carrots and onions; sauté in fat until browned, about 3 minutes. If there's any excess fat, drain. Add the bacon and beef back to the pot. Season with 1/2 teaspoon coarse salt and 1/4 teaspoon ground pepper. Toss. Sprinkle with flour and toss once more. Place in the center of the oven for 4 minutes. Remove pot from oven; toss beef and place back in the oven for 4 more minutes. Remove the pot from the oven and reduce the heat to 325°F. To the pot add the wine and stock. The liquid should barely cover the meat and vegetables. Add the tomato paste, garlic and thyme. Bring to a light simmer on the stove, then cover and simmer in the lower part of the oven for 3 to 4 hours, or until the meat is easily pierced. In the last hour of cooking, bring 1 1/2 tablespoons butter and 2 teaspoons oil to a medium heat in a sauté pan. Add the pearl onions and toss around in the fat until they've browned, 10 minutes. Then stir in 1/2 cup beef stock, a small pinch of salt and pepper and the herb bouquet. Reduce the heat to low and simmer the onions for about 40 minutes, until the liquid has evaporated and the onions are tender. Remove the onions and set aside. Discard the herb bouquet and wipe out the skillet. Add the remaining butter and oil and bring to a medium heat. Add the mushrooms and cook for about 5 minutes, shaking the pan to coat with the butter. Place a colander over a large pot. Drain the beef stew through the colander and into the pot. Place the pot with the sauce over a medium heat and simmer for about 5 minutes, skimming any fat on top. Pour the beef and vegetables back into the dutch oven. Add the pearl onions and mushrooms to the pot. Pour the sauce over the beef mix and simmer an additional 3 to 5 minutes. Garnish with parsley and serve with potatoes, rice or noodles.