



# THE PENDULUM

June 29-July 2, 2016



*"Freedom is the open window through which pours the sunlight of the human spirit and human dignity." -Herbert Hoover*

## **What's in the Box? June 29-July 2, 2016**

- **Ground Brisket**
- **Boneless Skinless  
Chicken Breasts**
- **Top Sirloin Steaks**
- **Dealer's Choice  
Sausage**

**Happy 4th of July from the Pendulum Team. This box was created for the holiday, so that you will be ready to grill wherever you choose to spend the 4th of July. We hope you have a safe and relaxing day with family and friends.**

**Please remember as we enter the summer season that it is easy to put your box on hold when you will be out of town. Simply log in to your CSAWare account and choose to place your box on hold for a specific pickup. Your card will not be charged and you will be ready to roll with your next pickup once you return.**

# Recipes

## Grilled Top Sirloin Steaks with Cilantro Chile Compound Butter

### Grilling the Steaks

About 20 minutes before grilling, remove the steaks from the refrigerator and let sit, covered, at room temperature. Heat your grill to high. Brush the steaks on both sides with oil and season liberally with salt and pepper. Place the steaks on the grill and cook until golden brown and slightly charred, 4 to 5 minutes. Turn the steaks over and continue to grill 3 to 5 minutes for medium-rare (an internal temperature of 135 degrees F), 5 to 7 minutes for medium (140 degrees F) or 8 to 10 minutes for medium-well (150 degrees F). Transfer the steaks to a cutting board or platter, tent loosely with foil and let rest 5 minutes before serving.



### *Cilantro Chile Compound Butter*

#### Ingredients

- 4 oz. unsalted butter, softened
- 3 tbsp. minced cilantro
- 4 chiles, stemmed, seeded, and minced
- 1 lime, zested and quartered

#### Instructions

In a small bowl, stir together butter, cilantro, chiles, and lime zest. Top steaks with compound butter after grilling.

## Sausage & Vegetable Foil Packs for the Grill

### Ingredients

- 1 pound sausage links, cut into 1/2-inch slices
- 1 medium zucchini, cut into 1-inch slices
- 1 medium yellow summer squash, cut into 1-inch slices
- 1 medium sweet red pepper, sliced
- 1 medium onion, cut into wedges
- 1 cup quartered fresh mushrooms
- 1/4 cup olive oil
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley flakes
- 1 teaspoon garlic salt
- 1 teaspoon paprika



### Instructions

In a large bowl, combine the first six ingredients. In a small bowl, combine the oil, oregano, parsley, garlic salt and paprika. Pour over sausage mixture; toss to coat. Divide between two pieces of heavy-duty foil (about 14 in. x 12 in.). Fold foil around sausage mixture and seal tightly. Grill, covered, over medium heat for 25-30 minutes or until meat is no longer pink. Open foil carefully to allow steam to escape.

## Grilled Chicken

### Ingredients

1/8 cup balsamic vinegar  
Juice of 1/2 lemon  
1 tablespoons olive oil  
1 tablespoons Dijon mustard  
1 tablespoons brown sugar, packed  
1/2 tablespoon Worcestershire sauce  
1 cloves garlic, minced  
1/4 teaspoon dried thyme  
1/4 teaspoon dried oregano  
1/8 teaspoon dried rosemary  
Kosher salt and freshly ground black pepper, to taste  
2 boneless, skinless chicken breasts  
1 tablespoons chopped fresh parsley leaves

### Instructions

In a medium bowl, whisk together balsamic vinegar, lemon juice, olive oil, Dijon, brown sugar, Worcestershire, garlic, thyme, oregano and rosemary; season with salt and pepper, to taste. Reserve 1/8 cup and set aside. In a gallon size Ziploc bag or large bowl, combine balsamic vinegar mixture and chicken; marinate for at least 1 hour to overnight, turning the bag occasionally. Drain the chicken from the marinade. Preheat grill to medium high heat. Add chicken to grill and cook, flipping once and basting with reserved 1/8 cup marinade until cooked through, about 5-6 minutes on each side. Serve immediately, garnished with parsley, if desired.



## Cheddar & Onion Brisket Burgers

### Ingredients

Four 4-inch potato buns, buttered and toasted  
1 pound ground brisket  
Salt and freshly ground pepper  
2 small onions, sliced paper thin  
4 ounces sharp cheddar cheese, sliced

### Instructions

Heat a cast-iron griddle until very hot. Without overworking the meat, loosely form it into 4 balls and place them on the griddle. Cook the meatballs over moderately high heat for 30 seconds. Using a sturdy large spatula, flatten each ball into a 5-inch round patty. Season the patties with salt and pepper and cook for 2 minutes, until well seared. Press a handful of sliced onions onto each patty. Using the spatula, carefully flip each burger so the onions are on the bottom. Top with the cheese and cook for 2 minutes. Cover with a roasting pan and cook just until the cheese is melted, 1 minute more. Transfer the burgers with the onions to the buns. Top with the buns and serve.





LAVA Music Festival and Bold Mariner present

# MONBACK BLOCK PARTY

SUNDAY JULY 3RD, 2016



SUNDAY, JULY 3RD 2016  
12 PM-8 PM  
BOLD MARINER  
BREWING CO.  
NORFOLK, VA

ALL AGES \$10  
12 & UNDER FREE

## PERFORMANCES BY:

MAJOR AND THE MONBACKS

MIDNIGHT SNACK

RAINBOW KITTEN SURPRISE

DJ LORD THOMAS

## TICKETS:

VISIT BOLD MARINER OR PENDULUM FINE MEATS TO PURCHASE TICKETS OR PURCHASE ONLINE!

[HTTP://WWW.MAJORANDTHEMONBACKS.COM/BLOCK-PARTY](http://www.majorandthemonbacks.com/block-party)

Norfolk Collaboration "The Killer B"  
The Handsome Pendulum Brisket & Biscuit



Have questions about your CSA? Have an idea for a future box? Please feel free to reach out with any questions, concerns, or suggestions.

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