



# THE PENDULUM

May 18-21, 2016



*"The only real stumbling block is fear of failure. In cooking, you have to have a what-the-hell attitude." -Julia Child*

## What's in the Box?

May 18-21, 2016

- **Beef Stew Meat**
- **Pendulum Beef Stock**
- **Ground Beef**
- **2 Pork Chops**
- **Dealer's Choice Sausage**
- **1 Dozen Local Eggs**

## About our Sausage...

Over the last two years, Pendulum has made over 50 varieties of our house made sausages. From baconwurst to cherry shallot, bahn mi to garlic thyme, everyone has their favorite. We start by using pork shoulder from hogs pasture raised in Virginia and North Carolina. Creating our own spice blends ensures our sausages have the freshest ingredients, which we believe makes our sausages stand apart from others. When grilling Pendulum sausages, it works best to boil them in water, stock, or beer for a few minutes before grilling. Another option is to sear them in a cast iron skillet and finish them in the oven. If you are interested in seeing how we make our sausage, as well as linking and stuffing your own, join us for our next sausage making class on July 12th at 7:00pm. The cost is \$50 and you leave with two difference types of sausage from the class. For more information, visit our website, [www.pendulummeats.com](http://www.pendulummeats.com), or email Dana to reserve your spot at [dana@pendulummeats.com](mailto:dana@pendulummeats.com).

# Recipes

## Slow Cooker Beef and Broccoli

(For Stew Meat and Beef Stock)

### Ingredients

1 cup beef stock  
1/3 C brown sugar  
1/3 C soy sauce  
3 cloves garlic, minced  
1 T sesame oil  
1/2 t ground ginger  
1/4 t crushed red pepper flakes (opt.)  
1 lb beef stew meat  
2 T cornstarch



### Instructions

Combine the first 7 ingredients in the crock pot. Add the beef stew meat and toss to coat. Cover and cook on low for 5-6 hours. Remove about 3 T sauce from the pot and combine with the 2T cornstarch. Stir into the pot. Add as much broccoli as you like. You can also use a bag of frozen florets, no need to defrost. Stir to combine, cover and cook on hi for 15-20 minutes to thicken the sauce and cook the broccoli to your desired tenderness. Serve over rice.

# The 50 Most Delish Egg Recipes

We're taking eggs way beyond the breakfast table.

*Need some egg inspiration? Click on the link below for some dinner ideas featuring eggs.*

<http://www.delish.com/cooking/g1920/egg-dinners/>



## Honey-Rosemary Pork Chops

### Ingredients:

1/4 cup honey  
4 Tbsp olive oil, divided  
2 Tbsp chopped fresh rosemary  
2 pork chops  
Kosher salt and freshly ground black pepper

### Instructions:

In a small bowl whisk together the honey, 2 tablespoons of olive oil, and rosemary. Transfer half to a small bowl to glaze the pork chops. Reserve the remaining glaze to brush on the cooked chops.

Lightly brush the pork chops with the remaining olive oil. Season with the salt and pepper to taste. Lightly brush the honey-rosemary glaze on both sides of each chop.

Place the chops on the grill. Close the lid and cook until golden brown and slightly charred, about 5 to 6 minutes. Turn the chops. Continue cooking for 6 to 8 more minutes for medium. Remove the chops



## Sloppy Joes

Our daughter came home from school and begged for Sloppy Joes because the kids in her class said the ones served in the cafeteria are delicious. I had to find a recipe to make them at home. This is my favorite so far. To make them even healthier, be sure to purchase ketchup and Worcestershire sauce that does not contain high fructose corn syrup.

### Ingredients:

1 pound ground beef  
2 cloves garlic, minced  
8 ounces tomato sauce  
1/2 cup ketchup  
1/4 cup brown sugar  
2 tablespoons Worcestershire sauce  
1 teaspoon prepared mustard  
1/2 teaspoon garlic powder  
1/4 teaspoon onion powder  
Freshly ground black pepper, to taste  
Hamburger buns

### Instructions:

Set a large pot over medium-low heat. Add a few drops of extra-virgin olive oil, and saute the garlic for a minute or two until just fragrant and very light golden brown. Add ground beef, increase heat to medium medium high, and cook until no longer pink, breaking apart and stirring as meat cooks. Drain grease from meat. While meat is browning, make sauce. In a medium bowl, stir together tomato sauce, ketchup, brown sugar, Worcestershire sauce, mustard, garlic powder, onion powder, and freshly ground black pepper, to taste, until well combined. Pour over browned meat, stir, and simmer for a few minutes until warm. Serve on hamburger buns.





## Tuscan Wine Dinner

Thursday, May 26th at 7:00 PM

This is the second of a three part Asado Dinner to be held at Pendulum over the course of 2016. The Asado Dinner would consist of a huge rare tuscan steak and some basic accompaniments, served family style, paired with wines themed for each dinner. The cost is \$50 per person. It is not necessary to attend all three dinners, however attendees at the first dinner will have preference for reservations to the subsequent dinners. For reservations, email [dana@pendulummeats.com](mailto:dana@pendulummeats.com)



**Alkaline is popping  
up 6 nights a week  
now at Pendulum.  
Come and enjoy  
Ramen and Asian  
Street Food!**



## NEW HOURS

**WED-SAT 6:30-10PM  
SUN-MON 5:30-9PM  
CLOSED TUESDAY**



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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