



THE PENDULUM

MAY 31-JUNE 3, 2017



The only real stumbling block is fear of failure. In cooking you've got to have a what-the-hell attitude. — Julia Child

What's in the Box? May 31-June 3, 2017

1 lb. Ground Beef

1 lb. Dealer's Choice Sausage

2 Top Sirloin Steaks

1 package of boneless, skinless chicken breasts

Housemade Bone Broth

Sausage Recipes

Our sausage is a great thing. Here are a few tried and true recipes from some of our wonderful customers.

•Frittata - take the sausage out of the casing and cook. Let it cool, add to whisked eggs and add vegetables of your choice. bake at 350 for 20-25 minutes.

•Slow Cooker Foil Packets - slice onions and potatoes and layer on aluminum foil. Top with sliced sausage and close packet. Place in slow cooker on low for 7-8 hours.

•Sausage Bake - slice potatoes, onions, peppers, and garlic. Toss with salt, pepper, and olive oil. Bake at 350 for 30-45 minutes.



Scallion Meatballs with Soy Ginger Glaze

Thanks to CSA member Natalie for sharing this recipe!

INGREDIENTS

FOR THE SAUCE

- ½ cup dark brown sugar
- ½ cup soy sauce
- ½ cup mirin sweet rice wine, or 1/2 cup sake with 1/4 cup sugar (Natalie used white wine)
- ¼ cup chopped peeled ginger
- 1 teaspoon ground coriander
- 4 whole black peppercorns

FOR THE MEATBALLS

- 1 pound ground beef
- 4 large or 6 small scallions, finely chopped
- 1 bunch cilantro, finely chopped about 1 cup
- 1 egg, lightly beaten
- 2 tablespoons sesame oil
- 2 tablespoons soy sauce
- Freshly ground black pepper
- Vegetable oil

PREPARATION

Step 1

Make sauce: Bring sugar and 1/2 cup water to a boil in a saucepan over medium-high heat, stirring until sugar melts completely. Reduce heat to medium-low and add soy sauce, mirin, ginger, coriander and peppercorns. Simmer, stirring occasionally, until reduced by half, about 30 minutes. Strain through a sieve. (Can be made up to 2 days ahead and refrigerated.)

Step 2

Make meatballs: mix ground beef, scallions, cilantro, egg, sesame oil, soy sauce and several grindings of pepper in a bowl. Roll tablespoons of mixture into balls.

Step 3

In a skillet over medium-high heat, generously cover bottom of pan with vegetable oil. Working in batches to avoid crowding, place meatballs in pan and cook, turning, until browned all over and cooked inside, about 8 minutes per batch. Arrange on a heated platter, spoon a little sauce over each meatball, and serve with toothpicks. If desired, keep warm in a 200-degree oven until ready to serve. Garnish with sliced scallions, if desired.



Spinach Stuffed Chicken Breasts

Ingredients

- 2 chicken breasts
- 6 oz chopped frozen spinach, cooked and squeezed dry.
- 3 oz feta, crumbled (about ½ cup)
- 3 oz cream cheese
- 1 clove garlic, diced
- ¼ teaspoon salt, divided
- ⅛ teaspoon pepper
- 1 tablespoon olive oil



Instructions

- 1 Preheat oven to 450 degrees fahrenheit.
- 2 Mix the chopped spinach, feta, cream cheese, garlic and half of the salt in a medium sized bowl.
- 3 Cut a pocket into each chicken breast. Insert the knife ¾ of the way into the side of the thickest part of the chicken, and slice down to the thinnest part, stopping before you cut through; you want a pocket not a flap.
- 4 Separate the spinach and cheese mixture in half, and roll into thick logs. Stuff each log into the pocket you made in the chicken breasts. Season with remaining salt and pepper.
- 5 Heat the olive oil in an ovenproof pan set over medium high heat, then add the stuffed chicken, "top" side down. Cook for 5 minutes, then flip the chicken over.
- 6 Place the pan into the oven, and bake for 10 minutes. If your chicken breasts are extraordinarily thick, cook for 2 to 5 minutes longer.



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**Sunday-Tuesday 11-5
Wednesday-Saturday 10-6**