



THE PENDULUM

MAY 4-7, 2016



What's in the Box?

May 4-7, 2016

- **Chicken Leg Quarters**
- **Mexican Chorizo**
- **Ground Beef**
- **Flank Steak**
- **Housemade Chimichurri**

"Eating food is nourishment for the body. Preparing food is nourishment for the soul."

About our chicken...

Shenandoah Valley Organic is located in Harrisonburg, Virginia, in the middle of the Shenandoah Valley. SVO is supplied by it's sister company, Shenandoah Processing, which is the first processor in the State of Virginia to focus on All Natural, Organic, and Humanely Raised chicken. SVO is a locally minded company, and sources all of its food products from local farms.

Their Mission is to provide the highest quality of organic chicken that is humanely raised. Free of all growth hormones, pesticides, and antibiotics– just the way mother nature intended! All of our farms are farmer owned and based within a 40 mile radius of Harrisonburg, VA.



www.svorganic.com

Recipes

Beef Enchilada Casserole

Ingredients

- 1 pound ground beef
- 1 teaspoon taco seasoning
- ¼ teaspoon salt
- 1 10-oz can enchilada sauce
- ¾ cup water
- ½ cup medium thick and chunky salsa
- 12 (6-inch) corn tortillas
- ¼ cup fresh cilantro, chopped, divided
- 1 cup shredded Colby Jack cheese
- sour cream and lime wedges, for serving

Instructions

1. Preheat the oven to 350°F.
2. Heat a large skillet over medium-high heat and add the ground beef, taco seasoning and salt. Cook, stirring and breaking up the beef, until the beef is browned and cooked through. Drain any fat, if needed.
3. Add the enchilada sauce, water and salsa and bring to a boil. Cook for 4-5 minutes, until slightly reduced. Remove from the heat.
4. Stack the tortillas and cut into 1-inch strips. Arrange half of the tortilla strips in the bottom of a 9-inch deep dish pie dish. Add half of the beef mixture, then sprinkle half of the cheese over the top. Sprinkle 2 tablespoons of the chopped cilantro on top. Repeat the layers, using the remaining tortillas, beef and then cheese.
5. Bake until the cheese is melted and bubbly, about 10 minutes. Sprinkle the remaining cilantro over the top before serving. Serve with sour cream and lime wedges.



Chili Roasted Chicken Leg Quarters

Preheat oven to 375 degrees. Place chicken on a sheet pan. Drizzle with olive oil and turn to coat. Rub with chili powder, salt, and pepper. Roast chicken leg quarters until cooked through, internal temperature of 165 degrees. Sprinkle with cilantro and serve with lime wedges.



Flank Steak with Chimichurri Sauce

INGREDIENTS

- 1 pound trimmed flank steak
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon black pepper



Preheat broiler. Pat steak dry. Stir together 1 teaspoon salt, cumin, coriander, and pepper in a small bowl and rub mixture onto both sides of steak. Broil steak on a broiler pan about 4 inches from heat 6 minutes per side for medium-rare. Transfer to a cutting board and let stand 5 minutes. Holding a knife at a 45 degree angle, thinly slice steak. Serve with sauce.

21 Recipes With Chorizo, Because It Makes Everything Taste Better

<http://www.bonappetit.com/recipes/slideshow/chorizo-recipes>

Nouvelle Restaurant

French flair without pretense. Bringing modern french food to the wonderful city of Norfolk in the downtown NEON district. Veteran Owned and Operated.

You had the lamb and beef greek style burger in the last CSA, now treat yourself to the best in the area. Luke and Rina do amazing things at Nouvelle and we hope you will go visit them soon.

The 50/50 Burger

50/50 lamb and beef, gouda and gruyere cheese mix, caramelized onions, thick cut bacon and tomato atop a monster lamb and beef patty all wedged between a brioche bun.



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

dana@pendulummeats.com

