



THE PENDULUM

NOVEMBER 2-5, 2016



**What's in the Box
For Week of
November 2-5, 2016**

Pumpkin Sausage

Chicken Stock

Ground Beef

Pork Carnitas

1 lb. NY Strip

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy and change ordinary opportunities into blessings."

- William Arthur Ward

How to Sear the Perfect Steak

1. Preheat cast iron skillet over high heat until lightly smoking. Preheat oven to 400 degrees.
2. Pat meat dry with paper towels.
3. Season with salt.
4. Swirl our housemade beef tallow, lard, or vegetable oil in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black.
5. Put skillet in the oven for 3 minutes for Medium Rare.
6. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minutes.

Recipes

Risotto with Pumpkin Sausage

Ingredients

- 2 cups chicken stock
- 2 Tablespoons butter
- 1 small onion, finely chopped
- $\frac{2}{3}$ cup arborio rice
- $\frac{1}{2}$ cup dry white wine
- $\frac{1}{4}$ cup shredded parmesan cheese



Instructions

Heat the chicken stock in a saucepan until it's simmering, then reduce heat to low. In a separate large frying pan, melt the butter and sauté the onion until soft, but not browned. Add the rice and reduce the heat to low. Stir well to coat the grains of rice in the butter, for about 2 minutes. Add the wine to the rice and turn the heat up to medium. Cook, stirring the rice continuously, until all the liquid has been absorbed (about 5 minutes). Add $\frac{1}{2}$ the warmed chicken stock slowly, stirring continuously so the rice cooks evenly. Continue stirring and cooking over medium heat until most of the liquid is absorbed, then repeat with second half of stock. Continue stirring until liquid is absorbed again and the rice is al dente and the risotto has a nice creamy texture. This will take around 20 minutes of cook/stir time. Remove from heat as soon as the rice is soft and completely cooked. Stir in the parmesan cheese, top with cooked pumpkin sausage, and serve.

ONE SKILLET MEXICAN BEEF AND RICE

Ingredients

- $\frac{1}{2}$ onion, diced
- 1 lb. ground beef
- $\frac{1}{4}$ cup taco seasoning
- 1 (14oz) can diced tomatoes, undrained
- 1 cup fire roasted corn kernels, drained
- $\frac{3}{4}$ cups white long grain rice, uncooked
- 2 cups beef broth
- 1 $\frac{1}{2}$ cup shredded cheddar
- Taco toppings:
- Sour Cream
- Diced Avocado
- Sliced Black Olives
- Chopped Cilantro



Instructions

Cook the onion in a large skillet over medium heat for 1 to 2 minutes, then add the ground beef, using a wooden spoon to break up and crumble. Cook until no longer pink. Drain and discard fat. Return skillet to heat. Add the taco seasoning, diced tomatoes, corn kernels, rice and beef broth, stir until combined. Bring to a small boil, reduce heat to a simmer and cover. Cook for 20 minutes, stirring at 10 minutes. Stir and top with the shredded cheese. Cover and cook on low for an additional 3 minutes or until cheese is melted. Top with the taco toppings of your choice. Enjoy!

Pork Carnitas

Ingredients

- 1 lb pork carnitas
- 1/2 onion, chopped
- 1/4 jalapeno, deseeded, chopped
- 1 tsp salt
- 1/4 tsp black pepper
- 1 clove garlic, minced
- 1/2 orange, juice only

Rub

- 1/2 tbsp dried oregano
- 1 tsp ground cumin
- 1/2 tbsp olive oil



Instructions

Rinse and dry the pork carnitas, rub in salt and pepper. Combine the rub ingredients then rub all over the pork. Place the pork in a slow cooker, top with the onion, jalapeño, minced garlic (don't worry about spreading it) and squeeze over the juice of the orange. Cook on low for 5 to 6 hours or on high for 4 hours (or 45 m in a pressure cooker on high). Remove from the slow cooker and let cool slightly. Skim off the fat from the juices remaining in the slow cooker and discard the fat. Then if you are left with a lot more than 1½ to 2 cups of juice, then reduce it (either in the slow cooker on the sauté setting with the lid off, or in a saucepan). The liquid will be SALTY, it is the seasoning for the pork. Set aside.

To Serve

Heat 1 tbsp of oil in a large non stick pan over high heat. Place shredded pork into the pan and press down and cook until the bottom side is golden brown and crusty. Drizzle over the juices and serve immediately.

Our Thanksgiving Turkeys, raised free range in North Carolina with nothing added, ever — no added hormones, steroids, antibiotics, or anything artificial. The cost is \$5.99 per pound. We will only have 140 turkeys this year. You can reserve a bird in the 10-14 lb. range or the 16-20 lb. range.

We do require a \$20 deposit for each turkey. If you would like to reserve, please email dana@pendulummeats.com. Please include your name, phone number, quantity, and size range. We will invoice you for the deposit through Square so that you can pay online. Pickups for the turkeys will begin Saturday, November 19th. Looking forward to hearing from you.

Here is a picture of our little turkeys from our farm visit in August.

