



THE PENDULUM

SEPTEMBER 7-10, 2016



*"Food is essential to life,
therefore make it good."*

What's in the Box? September 7-10, 2016

Half Chicken

1.5 lbs of Top Round

1 lb of Ground Beef

1 lbs of Bahn Mi Sausage with:

- **Pendulum Pickled Carrots**
- **Pendulum Spicy Mayo**

Roast Beef

Back by popular demand is the top round with our recipe for roast beef. The picture included is from CSA members Morgan and Kelly. This has been one of their favorites!

Ingredients:

- 1.5 lb top round
- Minced garlic
- Minced Shallots
- Kosher Salt
- Pepper

Directions:

Sprinkle the top round with salt and pepper. Rub with minced garlic and shallots. Bake at 300 degrees until an internal temperature of 110 for medium rare. Allow meat to rest for 15 minutes before slicing.



HOW TO ROAST A CHICKEN



ROASTING A CHICKEN IS SUCH AN EASY AND FAST MEAL, BUT WHO ROASTS A CHICKEN ANYMORE? THROW YOUR VEGETABLES IN THE OVEN AT THE SAME TIME AND YOUR ENTIRE MEAL IS DONE!

MAKE SURE TO RINSE YOUR BIRD THOROUGHLY AND PAT DRY. PLACE THE BIRD, BREAST SIDE UP, ON A RACK IN A SHALLOW ROASTING PAN. THE BEAUTY OF CHICKEN IS BEING CREATIVE. RUB WITH YOUR FAVORITE HERBS OR SPICES. I SIMPLY USE SALT AND PEPPER. ROAST IN THE UNCOVERED PAN. YOU CAN BASTE THE BIRD PERIODICALLY IF YOU WISH. CONTINUE ROASTING UNTIL AN INTERNAL TEMPERATURE OF 180 DEGREES. REMOVE FROM THE OVEN AND COVER WITH FOIL. ALLOW IT TO REST FOR 10 MINUTES BEFORE SERVING. BASED ON THE SIZE OF THE BIRD IN THIS WEEK'S BOX, YOUR BIRD SHOULD BE DONE IN ABOUT 45 MINUTES.

Bahn Mi Sausage

Our Bahn Mi Sausage is our spin on the sandwich combining pork, carrot, daikon radish, garlic, cilantro, hoisin, sriracha, and more. Below are my two favorite QUICK meals using this sausage.

1. Take the sausage out of the casing and brown on the stovetop, breaking it up as you cook. Put the mixture in a piece of lettuce and you have the fastest and most delicious lettuce wrap. Top with pickled carrots and spicy mayo.
2. Sear the sausage in a pan and finish in the oven. Put sausage on a roll and top with pickled carrots, spicy mayo, and chopped cilantro.



MAPLE GLAZED BACON-WRAPPED MINI MEATLOAVES

Ingredients

Non-Stick Cooking Spray
3 tablespoons pure maple syrup
1 teaspoon Spicy Brown Mustard
1 pound lean ground beef (93% lean)
1 pound ground pork
2/3 cup chopped yellow onion
1 cup fresh mushrooms, chopped fine
1/3 cup all-purpose flour
2 eggs, beaten
2 tablespoons Tomato Paste
2/3 cup Tomato Sauce
3/4 teaspoon salt
1/2 teaspoon ground black pepper
8 slices bacon, cut in half



Directions

Preheat oven to 375°F. Line baking sheet with aluminum foil. Spray with cooking spray; set aside. Combine maple syrup and mustard in small bowl; set aside. Combine beef, pork, onion, mushrooms, flour, eggs, tomato paste, tomato sauce, salt and pepper in large bowl until blended. With hands, form mini meatloaves (about 2 inches wide) and place on baking sheet. Wrap bacon around each meatloaf, tucking ends under sides. Brush bacon with syrup mixture. Bake 30 minutes. Turn on broiler and cook another 5 to 10 minutes to crisp bacon.

BASIC KNIFE SKILLS AND CHICKEN BREAKDOWN CLASS NEXT CLASS, SEPTEMBER 13, 2016 @ 7:00PM \$50 FEE

Buying a whole chicken not only makes more sense financially, but it also allows a more delicious way to buy chicken and the opportunity to make the most of the whole bird. We will discuss the parts of the chicken, as well as the farm and diet of our birds. This class will cover knife parts, sharpening, honing, and basic knife skills through cutting vegetables. Participants will have the hands on experience of how to break down a whole chicken and will take their bird home. Please bring a chef's knife and a 6" boning knife. If you need to use our knives, please mention that when registering. Class is limited to 10 participants. We require a 24 hour cancellation notice based on the limited number of

