



THE PENDULUM

MAY 17-20, 2017



**Getting ready for
Memorial Day!**

What's in the Box? May 17-20, 2017

1 lb. Pendulum Burgers

1 lb. Bratwurst Sausage

2 Bone In Pork Chops

**Pizza Kit - Pendulum
pizza dough, housemade
sauce, 1/2 lb. mild
Italian sausage,
housemade mozzarella,
and pepperoni**

Bratwurst Sausage

**Our bratwurst sausage.
Poach in beer, water, or
stock for one minute and
grill to perfection.
Poaching it before grilling
strengthens the casing so
they won't bust on the grill.
You can also roast it in the
oven.**



Recipes

Cast Iron Skillet Pizza

First, you'll need to preheat the oven to 525°—or as hot as it'll go. Stretch the dough out, working it into a flattened round. Then, set a 9-12" cast-iron pan over a burner set to medium-high. You want to preheat the pan so it's hot but not smoking

(just watch your hands—and don't grab the handle!).

Although any size pan is really fine, keep in mind that the smaller the pan, the thicker the crust will be. If deep dish-style pizza is your jam, go for the 9". If you want a crispier crust, use a larger pan. Sprinkle the hot pan with cornmeal and flour, and set the dough snugly in the pan (again, watch your fingers). Pull the sides of the dough up the sides of the pan so it doesn't slump back down, being sure to distribute the dough evenly for no thin patches. Brush the top of the dough with olive oil and let it start cooking over the burner.

Once the dough starts to bubble, season with salt and pepper and add marinara sauce. Spread the marinara over the dough, and don't worry about leaving too much space for a crust. Top with mozzarella cheese and toppings. Slide that pizza into the oven and let it bake for 10-15 minutes until the cheese is melted, bubbling, and golden. Let it rest a few minutes and slice.



Pendulum Burgers

Pendulum burgers are made with freshly ground beef, onions, pepper, and herbs de Provence. Please make sure to salt the burgers before grilling or pan frying.



How to Sear the Perfect Pork Chop

Pat the chop dry with a paper towel and season with salt and pepper liberally. Don't be afraid to use the salt and pepper! Heat a cast iron or black steel pan over high heat. Create an even layer of oil around the whole pan. As you see the whips of smoke, add the pork chops to the pan. Sear on each side for 30-45 seconds. Transfer to oven safe dish and bake at 350 until an internal temperature of 145 degrees.



820 Shirley Avenue

757-962-6990

www.pendulummeats.com

Sunday-Tuesday 11-5

Wednesday-Saturday 10-6