



# THE PENDULUM

AUGUST 23-SEPTEMBER 2, 2017



*"Eat well, laugh often, and love much."*

## What's in the Box?

**1 lb. Beef Stew Meat**

**1 lb. Mexican Chorizo Sausage**

**1 lb. Boneless Skinless Chicken Breasts**

**1 lb. Ground Beef**

**4 Slices of Bacon**

**Regular Chef Tomato Jam**

## Potato, pepper & chorizo stew with fried eggs

### Ingredients:

2 tbsp. olive oil  
1 onion, sliced  
3 peppers, cut into chunks  
4 garlic cloves, thinly sliced  
1 lb, Mexican chorizo, cubed  
3 lb. potatoes, cubed  
2.5 cups chicken stock  
4 eggs  
Chopped flat leaf parsley

### Instructions:

Heat half the oil in a pan with a lid and add the onion and peppers. Fry for 10-15 mins until soft, then add the garlic and chorizo and sizzle until the chorizo releases its oils. Add the potatoes and stir for 1 min. Pour over the stock, cover with a lid and simmer for 15 mins, or until the potatoes are tender. Remove the lid and season. Bring to the boil and boil rapidly to reduce until most of the liquid has evaporated. Meanwhile, fry the eggs in the remaining oil. Spoon the stew onto bowls, then place a fried egg on top and serve sprinkled with parsley.



# Regular Chef Tomato Jam

Regular Chef jams is a company that specializes in savory jams and jellies that compliment and add a great level of flavor to almost all foods. The company was created by David "Regular Chef" Hannah. The concept of the company came from a challenge from one of his culinary teachers who challenged him to make an amazing burger not using traditional condiments (ketchup, mustard, and mayo). From that challenge his almost famous tomato jam was born and was used on burgers. The flavor tomato jam give burgers is so great ketchup is no longer needed (essentially ketchup is dead when it comes to burgers just kidding, but not really). After tomato jam, a sweet pepper jelly and a jalapeño pepper jelly followed. All our products are made with fresh local produce. Our goal is to changes lives one jar of pepper jelly and tomato jam at a time.



## Tomato Jam Vinaigrette Dressing

### Ingredients:

$\frac{3}{4}$  cup Regular Chef Jams Tomato Jam  
2  $\frac{1}{4}$  cup olive oil  
 $\frac{1}{4}$  cup red wine vinegar  
Salt and pepper to taste

*\* Serve this delicious vinaigrette on a grilled chicken salad!*

### Instructions:

In a mixing bowl add tomato jam and vinegar and mix together. Slowly whisk in olive oil until blended well. Season with salt and pepper to taste.



# Regular Chef Burger



## Ingredients:

1 lb. ground chuck  
4 potato buns  
1/4 cup vegetable oil  
1 cup thinly sliced white onions  
4 slices America cheese  
4 slices muenster cheese  
4 slices of bacon  
12 dill pickle chips  
4 ounces of tomato jam  
Kosher salt and ground black pepper to taste

## Directions:

To make the patties roll four 4 ounce balls with the ground chuck and form each ball into a patty. Arrange on a tray, cover and refrigerate.

Heat a large pan over medium high heat, and add 1/8 cup of the oil, enough oil to cover the bottom of the pan. When the oil begins to smoke add the bacon and cook until crispy. Remove with a slotted spoon and drain on paper towels.

Turn the pan down to medium heat and add the remaining 1/8 cup of oil. Add the 1 cup of sliced onions and turn them with a spatula until they are evenly coated in the oil. Continue to cook the onions turning them every few minutes until the onions have a deep dark brown color. If onions start to burn reduce the heat and add more oil. Once the onions are cooked remove them for the pan and place in a bowl.

Wipe the pan clean and the heat to medium place the patties in the pan. Season the patties with the salt and pepper and cook for 3 minutes. Flip and cook the other side for another 3 minutes. Place two slices of bacon and one slice of each cheese on each patty. Continue to cook until cheese is melted.

Toast your buns in the oven or broiler for a few minutes with a little butter (Be careful not to burn). To assemble the burgers, place 2 ounces of tomato jam on the bottom bun. Then add the burger with the bacon and melted cheese. Next add some of the caramelized onions and three dill pickles. Finish with the top bun and enjoy!



# Slow Cooker Beef Curry

## Ingredients:

1 lb. beef stew meat  
1 Tbsp curry powder, hot or mild  
1/2 Tbsp ground cardamom  
1/2 tsp ground cinnamon  
1/8 tsp ground cloves  
1/2 cup canned chopped tomatoes  
1/2 medium red onion, diced  
1 Tbsp tomato paste  
1 tsp garam masala  
1/2 tsp kosher salt  
1/2 tsp fresh black pepper



## Instructions:

In a 4-quart slow cooker, stir together the beef, curry powder, cardamom, cinnamon and cloves. Add remaining ingredients, and stir to combine. Cover and cook on HIGH for 5 hours. The meat should be quite tender; if it isn't, cook for an additional 30 minutes. Serve hot, over rice.



## Thanksgiving Turkeys

**It is almost time to reserve your Thanksgiving turkey. We will meet with the farmer in the next few weeks to finalize all the details. As always, our CSA members will be able to reserve turkeys before we open it to other customers. Be on the lookout for an email.**