



THE PENDULUM

AUGUST 9-19, 2017



*"All happiness depends on
a leisurely breakfast."
John Gunther*

What's in the Box?

1 lb. Ground Beef

1 lb. Chicken Thighs

1 lb. Boneless Pork Chops

**Pennacook Peppers Pepper
Jelly**

Quiche Kit:

1 lb. Breakfast Sausage

1 Dozen Local Eggs

Housemade Lard

Cilantro Lime Chicken Thighs

Ingredients:

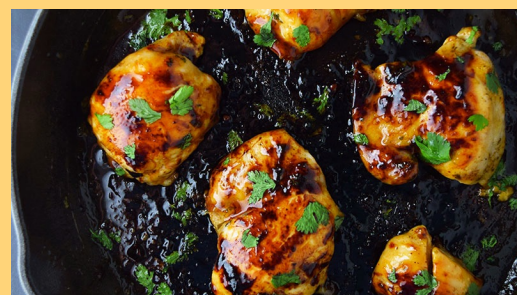
1 lb. chicken thighs
Olive oil
6 garlic cloves, minced
1 cup dry white wine
2 limes, juiced
2 cups chicken broth
1 bunch cilantro, chopped
Olive oil

Spice mix:

1 tbsp seasoned salt
1 tsp hot paprika
1 tsp black pepper
1 tbsp garlic powder
1/2 tsp ground nutmeg

Directions:

Preheat your oven to 375 degrees F. In a small bowl, mix the spices. Pat the chicken thighs dry, and season each thigh on both sides with the spice mix. Be sure to season underneath the skin as well. Let the chicken thighs sit in room temperature for about 15 minutes. When ready, heat 1-2 tbsp of olive oil in a cast iron skillet. Brown the chicken thighs deeply on both sides in the heated oil. Remove from the skillet and set aside briefly. Lower the heat and deglaze the skillet with the white wine. Let cook to reduce and then add the broth. Bring the liquid to a simmer then add lime juice and garlic. Now return the chicken to the skillet; and toss in the cilantro. Bring to a high-simmer for about 5 minutes or so. Cover the skillet and transfer to the 375 degree oven for 45 minutes or until chicken is cooked through. Remove from the oven and let sit for 5 minutes before serving. Garnish with more cilantro, if you like.



Perfectly Seared Pork Chops with Pepper Jelly Pan Sauce

Pennacook Peppers Pepper Jelly is one of my favorites products we sell. Locally made in Virginia Beach. This is a great addition to a cheese plate or charcuterie tray. It also makes a great glaze for chicken, pork, or shrimp. We can't wait to hear the great ways you will use it!



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. While pork chops are baking, remove oil from the cast iron pan and deglaze the pan with 2 oz. wine. Add 1/2 jar of pepper jelly and two pats of butter and stir until butter melts. Pour the pan sauce over the pork chops and serve.

This week we partnered with ***Kitchen Ink Food*** and ***View It Do It*** for their first ***Local Ambush*** video. This series of videos/live stream will feature a local chef. The team comes in and gives the chef a local product to use and the chef has 15 minutes to prepare a dish using the product. We were given ***Pennacook Peppers*** Pepper Jelly. Visit our Facebook page to watch Dylan make seared pork chops with pepper jelly pan sauce at:

<https://www.facebook.com/PendulumFineMeats/>

Quiche



Ingredients:

Pie Crust (please see recipe below)

1/2 to 1 cup shredded cheese

1/2 to 1 cup filling

(cooked breakfast sausage)

6 eggs

1 cup milk

1/2 tsp. salt

Directions:

Heat oven to 375 degrees. Spread cheese evenly in the bottom of the pie crust. Top with filling in an even layer. Beat eggs milk, and salt until blended. Pour over filling. Bake for 30-40 minutes, until center is almost set, but still jiggles slightly when gently shaken.

Pie Crust Recipe

Ingredients:

1.5 cups all purpose flour

Pinch salt

1/2 cup lard

3-4 tbsp. cold water.

Directions:

In a bowl, combine flour and salt. Cut in lard until mixture resembles coarse crumbs. Sprinkle in water, 1 tbsp. at a time, until pastry holds together. Shape into a ball and chill for 30 minutes. On a lightly floured surface, roll dough to 1/8-in. thickness. Transfer to a 10-in. pie plate. Flute edges; fill and bake as quiche recipe directs.



HOG BUTCHERY DEMONSTRATION CLASS

TUESDAY, SEPTEMBER 19TH, 2017 AT 7PM

\$40 Fee

In this class we will demonstrate butchering a half hog from start to finish. We will also discuss the parts of the hog, as well as the farm and diet of our hogs. Participants will see how the hog is broken down into all its useful parts. Please be reminded this is a demonstration class with very little hands on work. Participants will have the opportunity to leave with various cuts of pork from the class with a 10% discount. Class is limited to 10 participants. We require a 24 hour cancellation notice based on the limited number of participants. Email dana@pendulummeats.com to register today.