



# THE PENDULUM

OCTOBER 4-14, 2017



*"Notice how the trees do not cling to their leaves. Fall is about releasing the old to make way for the new."*

## What's in the Box?

**1 lb. Ground Beef**

**1 package of Boneless Skinless Chicken Breasts**

**3/4 lb. Pork Belly**

**Pumpkin Sausage**

**Pendulum Chicken Stock**

**Acquerello Dry Aged Short Grain Arborio Rice**

### Ingredients:

1 lb. skinless, boneless chicken breast  
Kosher salt  
9 ounces udon noodles  
3 tablespoons tahini (sesame seed paste)  
2 tablespoons unseasoned rice vinegar  
1 tablespoon soy sauce  
1/4 teaspoon dried crushed red pepper, optional  
2 carrots, peeled, very thinly sliced  
1 cucumber, thinly sliced  
2 scallions, thinly sliced, whites and greens separated  
1/2 teaspoon toasted sesame seeds



## *Shredded Chicken and Noodle Bowls*

### Instructions:

Simmer the chicken breast in a medium pot of salted water until cooked through, 10-15 minutes. Transfer to a plate to cool. Shred into bite-sized pieces. Meanwhile, cook udon noodles in a large pot of boiling salted water, stirring occasionally, until al dente. Drain; rinse under cold water. Whisk tahini, vinegar, soy sauce, crushed red pepper flakes, and 1/4 cup water in a large bowl until smooth; season with salt. Add carrots, cucumber, scallion whites, shredded chicken, and udon noodles and toss to coat. Garnish with scallion greens and sesame seeds.

# ***Risotto with Pumpkin Sausage***

## Ingredients

- 2 cups chicken stock
- 2 Tablespoons butter
- 1 small onion, finely chopped
- 2/3 cup arborio rice
- 1/2 cup dry white wine
- 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 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.



## **Thanksgiving Turkey Reservations**

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. You can reserve a bird in the 10-14 lb. range and the 16-20 lb. range. This year the turkeys will be fresh, never frozen. We are also offering a heritage breed turkey this year. These special birds carry the heritage genetics of the traditional Spanish Black turkey, a slow-growing breed believed to be one of the first developed from Native American stocks. These heritage birds should be in the 10-15 lb. range. The price per pound on the heritage breeds is \$9.99 per pound. We do require a \$20 deposit for each turkey. If you would like to reserve, please email [dana@pendulummeats.com](mailto: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 18th. Looking forward to hearing from you.

# BBQ Pork Belly



## Ingredients

- 2 big garlic cloves, finely minced
- 1/2 teaspoon peppercorn, crushed
- 1/4 cup brown sugar
- 1/4 cup soy sauce
- 1/2 teaspoon salt
- 1/2 teaspoon chili flakes (optional)
- 3/4 lb. pork belly, sliced about 3/4 inch thick

## Instructions

- 1 Combine all ingredients for the marinade in a big bowl and mix until sugar is dissolved.
- 2 Dip each piece of sliced pork belly, covering all sides completely then place them in a plastic freezer bag. Seal and place in the fridge. Let it marinate for a few hours or, better, overnight.
- 3 Arrange the marinated pork belly slices on a grill rack and place it on the middle rack of the oven with another baking pan placed below it to catch the drippings.
- 4 Bake the each side at 350°F for about 20-30 minutes while basting the meat with the remaining marinade every 10 minutes.