



THE PENDULUM

SEPTEMBER 20-30, 2017



"The more you praise and celebrate your life, the more there is in life to celebrate." -Oprah Winfrey

What's in the Box?

1 Pork Tenderloin

**1 lb. Basil Pesto
Chicken Sausage**

**1 lb. Top Sirloin
Steaks**

1 lb. Ground Beef

How to Sear a Steak

Preheat cast iron skillet over high heat until lightly smoking. Preheat oven to 400 degrees. Pat meat dry with paper towels. Season with steak and chop spice rub. Swirl beef tallow or canola oil in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black. Put skillet in the oven for 3 minutes. Remove skillet from oven. Put meat on a warm plate! and allow it to rest under tented foil for about 10 minutes.



Pork Tenderloin

Ingredients:

- 1 Pork tenderloin
- Salt and fresh ground black pepper
- 2 tablespoons canola or vegetable oil
- 1 to 2 tablespoons seasoning blend/rub of your choice, fresh or dried
- 3/4 cup wine, broth, apple cider or a combination
- 1 tablespoon unsalted butter



Instructions:

Heat oven to 425 degrees F.

Trim each tenderloin of any silver skin (this can be tough when cooked, just use a small sharp knife and slide the blade under and outward to remove it). Pat pork dry with paper towels. Then generously season with salt and pepper.

Heat a tablespoon of oil in a large cast iron skillet or heavy-bottomed oven-safe frying pan over medium heat. You will know when the pan is ready when the oil shimmers.

Add the pork tenderloins and cook, turning occasionally, until evenly browned all over. This should take about 2 minutes per side. Scatter the seasoning blend or herbs over the pork.

Roast 10 to 15 minutes or until an internal thermometer inserted into the thickest part registers between 145 and 150 degrees F.

Transfer pork to a large plate and cover with aluminum foil. Let rest about 10 minutes.

While pork is resting, place the skillet over medium heat, add apple cider and simmer until reduced by half. Add butter then serve drizzled over pork.

Chicken Sausage and Mushroom Penne

Our basil pesto chicken sausage is made with basil, olive oil, garlic, salt, pepper, pinenuts, and grana padana cheese. It is great as an entrée in itself, shines in pasta dishes, as well as on a roll.

Ingredients:

- kosher salt
- 1 lb. penne rigate
- 1 tbsp. extra-virgin olive oil, plus more for drizzling
- 1 lb. basil pesto chicken sausage
- 12 oz. mushrooms, cut into 1/4" slices
- Freshly ground black pepper
- 1/2 c. diced onion
- 3 cloves garlic, minced
- 1/4 c. dry white wine
- 1 c. low-sodium chicken stock
- 1/4 c. heavy cream, at room temperature
- 1 1/2 c. freshly grated Parmesan
- 5 oz. baby spinach
- 1/4 cup fresh chopped parsley, plus more for garnish



Instructions:

1. Bring an 8-quart stock pot of water to a boil and generously season with salt. Cook pasta according to package directions until al dente. Reserve 1/2 cup pasta water and set aside.
2. In a large sauté pan over medium-high heat, drizzle oil and sear chicken sausage until cooked through, an internal temperature of 165 degrees Fahrenheit. You may want to transfer to a 350 degree oven to get up to temp. Transfer to a plate to cool; cut into 1/4" slices and set aside.
3. Meanwhile, add 1 tablespoon oil and spread out mushrooms evenly in the pan; let brown on one side for 3 minutes. Season with salt and pepper. Add onions and garlic and sauté until softened, 3 to 4 minutes. Add wine, chicken stock, and heavy cream; simmer until slightly thickened and reduced, 5 to 7 minutes. Toss in sausage with any leftover juices, then add Parm, spinach, and parsley.
4. Drain pasta and stir into sauce. (Add additional pasta water in small increments as needed if sauce is too thick.) Garnish with parsley and serve immediately.

Mexican Beef and Rice

I am not going to lie, this recipe had me at the word easy. With back to school and nightly homework, piano practice, running club, etc., I am always on the hunt for something easy to make for dinner. Shout out to *I Wash, You Dry* blog for this one.

Ingredients

- 1/2 onion, diced
- 1 lb. ground beef
- 1/4 cup taco seasoning (1 packet),
or you can make it yourself
- 1 (14oz) can diced tomatoes, undrained
- 1 cup fire roasted corn kernels, drained
- 3/4 cups white long grain rice, uncooked
- 2 cups beef broth
- 1 1/2 cup shredded cheddar cheese

Taco toppings:

- Sour Cream
- Diced Avocado
- Sliced Black Olives
- Chopped Cilantro
- Salsa

Instructions

1. Cook the onion in a large skillet over medium heat for 1 to 2 minutes, then add the ground beef, using a wooden spoon to break up and crumble. Cook until no longer pink. Drain and discard fat. Return skillet to heat.
2. Add the taco seasoning, diced tomatoes, corn kernels, rice and beef broth, stir until combined. Bring to a small boil, reduce heat to a simmer and cover. Cook for 20 minutes, stirring at 10 minutes.
3. Stir and top with the shredded cheese. Cover and cook on low for an additional 3 minutes or until cheese is melted. Top with the taco toppings of your choice! Enjoy!





Thanksgiving Turkey Reservations

It's that time again and you all get first dibs on our Thanksgiving Turkeys, 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. We are only getting 10 of these heritage breed turkeys and we feel lucky to be in on this exclusive bird. 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. 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.

