



THE PENDULUM

SEPTEMBER 6-16, 2017



*Cooking is a display of hospitality,
care, and love.*

What's in the Box?

1 lb. Ground Beef

1 lb. Chicken Thighs

1 lb. Pork Carnitas

1 lb. Boudin Sausage

**1 Whole Organic Flank
Steak**

Boudin

Boudin, pronounced BOO-DAN, is as about as Cajun as it gets. Traditionally, boudin is sausage that is stuffed with pork and rice, but people have started stuffing this sausage with all sorts of ingredients as this dish has become more popular. Here at Pendulum we make our boudin sausage with cayenne pepper, salt, chili powder, black pepper, white pepper, poblano pepper, jalapeno pepper, celery, onion, rice, pork liver, and pork. Cook it up and serve with red beans and rice. Make some eggs and serve it for breakfast. Use it at your next BBQ. We can't wait to hear what you think.



Honey Lime Chicken Thighs

Ingredients:

2 tablespoons freshly squeezed lime juice
1 tablespoons honey
1/2 tablespoon soy sauce
2 to 4 chicken thighs
1/4 teaspoon salt
1 tablespoon olive oil
Green onions, chopped
1 lime, sliced



Instructions:

In a small bowl combine lime juice, honey, soy sauce. Salt the chicken thighs with 1/2 teaspoon of salt (or more) thoroughly, all over, including under the skin. In 12-inch skillet, heat olive oil over medium-high heat. Add chicken thighs, skin side down, and cook for about 5 minutes until the chicken skin side gets nicely browned. Turn chicken, so that skins sides are up and add lime-honey mixture to the skillet. Reduce heat to low; cover and cook 14 to 18 minutes longer or until done (chicken should register 180 degrees F on instant thermometer). While cooking, covered, chicken thighs will release their own juices, as well. Transfer chicken to plates. Drizzle chicken with pan juices. Top with chopped green onions and serve with lime slices.

Martha Stewart's Pork Carnitas

Ingredients:

1 lb. pork carnitas
2 garlic cloves, minced
Coarse salt and ground pepper
1/2 tablespoon olive oil
1/4 cup fresh orange juice
1/4 cup milk
Tortillas
Fresh cilantro leaves, thinly sliced onion, diced avocado, and lime wedges, for serving



Instructions:

In a large Dutch oven or heavy pot, combine pork, garlic, and 4 cups water and season with salt and pepper. Cover and bring to a boil. Reduce to a simmer and cook, covered, until pork is tender, 40 to 45 minutes. Drain well. In a large nonstick skillet, heat oil over medium-high. Add pork, orange juice, and milk and cook, stirring occasionally, until liquid has evaporated and pork is browned, 8 to 12 minutes. Serve carnitas in tortillas, with cilantro, onion, avocado, and lime wedges.

Marinated Flank Steak

Ingredients:

- 1/3 cup olive oil
- 2 cloves garlic, minced
- 2 Tbsp red wine vinegar
- 1/3 cup soy sauce
- 1/4 cup honey
- 1/2 teaspoon freshly ground black pepper



Instructions:

1 Marinate the steak: Combine the marinade ingredients in a large non-reactive bowl. Place steak in the bowl and turn so that it is completely coated with the marinade. (You can also place the steak and marinade in a freezer bag and place it in a bowl.) Chill and marinate for at least 2 hours and up to overnight.

2 Prepare your grill for high, direct heat with one part of the grill for lower, indirect heat. The grill is hot enough when you hold your hand about an inch over the hot side and you can only hold it there for about a second.

3 Grill the steak: Remove the steak from the marinade and gently shake off the excess marinade from the steak (but make sure there is still a coating of it, you'll want the oil on it to help keep the steak from sticking to the grill).

Place steak on the hot side of the grill. Grill for a minute or two on each side to get a good sear, then move the steak to the cooler side of the grill, cover and cook a few minutes more until done to your liking. Pull the steak off the grill at 125 to 130°F for rare, 140°F for medium rare, and 150°F for medium.

4 Rest the steak: When the steak has cooked to your preferred level of doneness, remove from the grill and place on a cutting board. Cover with aluminum foil to hold in the heat while the steak rests for 10 to 15 minutes.

5 Slice across the grain: Notice the direction of the muscle fibers of the steak; this is called the grain of the meat. Flank steak is a very lean cut that will be tough and chewy unless you cut it in a way that breaks up the muscle fibers. So, cut the steak across the grain of the meat, at a steep diagonal, so that the slices are wide. I find it easiest to use a long serrated bread knife for this, but any long sharp knife will do.



HOG BUTCHERY DEMONSTRATION CLASS

TUESDAY, SEPTEMBER 26TH, 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.

What is Sous Vide?

Once limited to the pros, sous vide (pronounced sue-veed) is a cooking technique that utilizes precise temperature control to deliver consistent, restaurant-quality results. High-end restaurants have been using sous vide cooking for years to cook food to the exact level of doneness desired, every time. The technique recently became popular for home cooks with the availability of affordable and easy-to-use sous vide precision cooking equipment like Anova.

Sous vide, which means “under vacuum” in French, refers to the process of vacuum-sealing food in a bag, then cooking it to a very precise temperature in a water bath. This technique produces results that are impossible to achieve through any other cooking method.

Sous vide cooking is much easier than you might think, and usually involved three simple steps:



1. Attach your precision cooker to a pot of water and set the time and temperature according to your desired level of doneness.
2. Put your food in a sealable bag and clip it to the side of the pot.
3. Finish by searing, grilling, or broiling the food to add a crispy, golden exterior layer.

Sous vide cooking utilizes precise temperature control with circulation to produce results that you can't achieve through any other cooking technique. The reason—when using traditional methods of cooking, you don't have control over heat and temperature. Consequently, it's very difficult and time consuming to consistently cook great food. Food ends up overcooked on the outside, with only a small portion in the center that is cooked to the temperature you want. Food loses flavor, overcooks easily, and ends up with a dry, chewy

texture.

With precise temperature control in the kitchen, sous vide provides the following benefits:

Consistency. Because you cook your food to a precise temperature for a precise amount of time, you can expect very consistent results.

Taste. Food cooks in its juices. This ensures that the food is moist, juicy and tender.

Waste reduction. Traditionally prepared food dries out and results in waste. For example, on average, traditionally cooked steak loses up to 40% of its volume due to drying out. Steak cooked via precision cooking, loses none of its volume.

Flexibility. Traditional cooking can require your constant attention. Precision cooking brings food to an exact temperature and holds it. There is no worry about overcooking.