



THE PENDULUM

NOVEMBER 1-11, 2017



What's in the Box?

**2 lb. Boneless Pork
Shoulder Roast with 2 Dr.
Pepper**

Ground Beef

Dealer's Choice Sausage

Chicken Thighs

Pendulum Chicken Stock

Lard

*"Ask not what you can do for your country.
Ask what's for lunch." -Orson Welles*

Goulash

Ingredients

2 tbsp. extra-virgin olive oil
1 medium yellow onion, chopped
2 cloves garlic, minced
1 lb. ground beef
kosher salt
Freshly ground black pepper
1 tbsp. tomato paste
1 1/4 c. beef broth
1 (15-oz.) can tomato sauce
1 (15-oz.) can diced tomatoes
1 tsp. Italian seasoning
1 tsp. paprika
1 1/2 c. Elbow Macaroni, uncooked
1 c. shredded Cheddar
Chopped fresh parsley, for garnish

Instructions

In a large skillet over medium heat, heat oil. Add onion and cook until slightly softened, about 5 minutes. Add garlic and cook until fragrant, about 1 minute more. Add ground beef, season with salt and pepper, and cook until no longer pink, about 8 minutes. Drain fat and return to pan. Add tomato paste and stir to coat, then pour in broth, tomato sauce, and diced tomatoes. Season with Italian seasoning and paprika, and stir in macaroni. Bring to a simmer and cook, stirring occasionally, until pasta is tender, about 15 minutes. Stir in cheese and remove from heat. Garnish with parsley.



Chicken Thigh Potpie

Ingredients:

Boneless chicken thighs (skin on), seasoned with coarse salt and ground black pepper and lightly dusted with flour

Canola oil

1 tbsp. unsalted butter

Flavor mix: 1 sprig thyme, 1 sprig rosemary, and 2 cloves garlic (peeled and crushed)

1 tbsp. flour

Approximately 1 1/2 cups chicken stock (brought to simmer and kept warm)

3/4 cup oyster mushrooms (torn in pieces)

1 cup kale (measure after cleaning and cutting the leaves into 1-inch tiles)

Prepared vegetables: 1 large rutabaga (peeled, diced, and roasted), 1 large sweet potato (diced and roasted), 1/2 cup pearl onions (drizzle with extra-virgin olive oil and balsamic vinegar, sprinkle with salt and pepper, and roast in preheated 425°F oven until tender)

Instructions:

For the chicken: In a large cast-iron skillet over medium heat, heat canola oil (just enough to coat the surface) until almost smoking and cook thighs until brown and cooked through (adjusting heat when needed). Remove from skillet.

For the pan gravy: Let the skillet cool slightly, reduce heat, and add butter. Add flavor mix, basting until brown and aromatic. Slowly whisk in flour, whisking constantly so the mixture forms a paste without burning, about 2 minutes. Slowly whisk in warm chicken stock until mixture is smooth and glaze-like. Season with salt and pepper, and set aside.

For the vegetables: In a sauté pan coated with canola oil over medium-high heat, sauté oyster mushrooms until slightly crisp. Season with salt and add kale, sautéing until tender. Add prepared vegetables, and season again with salt and pepper. Cut each thigh into six pieces and add to vegetables along with pan gravy. Transfer to 10-inch round baking dish and cover with crust.

Remove and roll dough to 1/4-inch thickness (easier when you place the dough between two pieces of parchment paper). Cut to fit baking dish (this is not a sealed potpie; the partially prebaked crust almost covers the dish, letting the filling bubble up along the sides). Score dough, place in freezer, and chill for 1 hour. Place on cookie sheet and bake in preheated 350°F oven for 15–20 minutes. Check every 5 minutes, rotating each time. Once dough is crisp and slightly brown, place on potpie and continue baking until hot and bubbly, approximately 15–20 minutes. Cool slightly and serve.



How to Make Pie Crust Using Lard

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 pie recipe directs.

Revenge Creamery Pulled Pork

Salt and Pepper the Pork Roast and sear it off in a hot cast iron skillet in vegetable oil. Remove from pan and place one sliced onion into skillet for about 6 minutes. Put the pork roast and onions in a slow cooker. Pour Dr. Pepper over top and a small amount of stock to make sure the roast is covered. Cook on low for 5 hours. After cooking, take out pork roast and shred. Take some of the braising liquid and pour over top of shredded pork.

Serving options:

Serve on a Martin's potato roll with cole slaw and bbq sauce.

Serve on King's Hawaiian roll with teriyaki sauce and grilled pineapple.

Serve on a Martin's potato roll with sauerkraut and whole grain mustard.

The story:

Dylan Wakefield, of Pendulum Fine Meats, and Kevin Ordonez, of Alkaline, have teamed up to open Revenge Creamery in the Selden Arcade. They will serve ice cream, ice cream sandwiches on homemade cream puffs, and sandwiches. The sandwiches will be different variations of pulled pork and pulled chicken. Looking to open in April 2018. Stay tuned. "Revenge is a dish best served cold."

