



THE PENDULUM

OCTOBER 18-28, 2017



Oktoberfest originated when Crown Prince Ludwig, later to become King Ludwig I, was married to Princess Therese of Saxony-Hildburghausen on 12th October 1810. The citizens of Munich were invited to attend the festivities held on the fields in front of the city gates to celebrate the happy royal event.

What's in the Box?

The Oktoberfest Box

1 lb. Bratwurst

Pendulum Sauerkraut

2 Boneless Pork Chops

1.25 lb. Bottom Round Roast

1/2 Chicken

German Schnitzel

Ingredients

- 2 boneless pork chops
- Salt & Pepper
- 1/4 cup all purpose flour, combined with 1 tsp. salt
- 1 egg, lightly beaten
- 1/2 cup plain breadcrumbs



Instructions

Place the pork chops between two sheets of plastic wrap and pound them until just 1/4 inch thick with the flat side of a meat tenderizer. Lightly season both sides with salt and freshly ground black pepper. Place the flour mixture, egg, and breadcrumbs in 3 separate shallow bowls. Dip the chops in the flour, the egg, and the breadcrumbs, coating both sides and all edges at each stage. Be careful not to press the breadcrumbs into the meat. Gently shake off the excess crumbs. Don't let the schnitzel sit in the coating or they will not be as crispy once fried - fry immediately. Make sure the cooking oil is hot enough at this point (about 330 degrees F) as you don't want the Schnitzel to sit around in the coating before frying. Use enough oil so that the Schnitzels "swim" in it. Fry the Schnitzel for about 2-3 minutes on both sides until a deep golden brown. Transfer briefly to a plate lined with paper towels. Serve immediately with slices of fresh lemon and parsley sprigs or with your choice of sauce.

Sauerbraten

Ingredients:

1/2 cup water
1 tablespoons sugar
1/4 cup white vinegar 3/4 teaspoons salt
3 black peppercorns 3 whole cloves
2 bay leaves
1 lemon, sliced
1 (1.25 pound) bottom roast, trimmed
3/4 cup sliced onion
8 gingersnaps, crumbled
Chopped fresh parsley (optional)



Instructions:

Place first 8 ingredients in a large heavy-duty zip-top plastic bag; seal bag. Turn bag to blend marinade. Place roast and onion in bag; seal bag, turning to coat. Marinate in refrigerator 24 hours, turning bag occasionally. Remove roast from marinade, reserving marinade. Place roast in slow cooker. Strain reserved marinade through a sieve into a bowl, reserving 1 1/2 cups; discard remaining liquid and solids. Pour 1 1/2 cups strained marinade over roast. Cover and cook on LOW for 5 hours or until roast is tender. Remove roast from slow cooker; cover and keep warm. Add gingersnap crumbs to liquid in slow cooker. Cover and cook on LOW for 8 minutes or until sauce thickens; stir with a whisk until smooth. Serve sauce with roast. Garnish with parsley, if desired.

German Roasted Chicken

Ingredients:

1/2 chicken
Salt, pepper, paprika to taste
5-10 parsley sprigs
1 tbsp butter
1/2 tbsp flour
1/2 heavy cream



Instructions:

- Wash the chicken thoroughly and pat it dry with kitchen paper. Remove any parts inside.
- Spice it with salt, pepper and paprika, inside and outside.
- Wash parsley and place it in under the chicken.
- Pre-heat oven to 425 F.
- Melt the butter and with a cooking brush spread it all over the chicken.
- Place the chicken on the pan with the breast down.
- When the back of the chicken has become some brownish color turn it around and again spread butter on it several times. It should not dry out. You also can use the juice that has been generated in the pan.
- After about 50 minutes it should be done. Always make sure to take the temperature to make sure it is fully cooked.
- Pour the juice through a sieve into a pot, add flour, heavy cream, mix well and bring it to a brief boil. Take off heat, spice with salt and pepper.
- Remove parsley and cut the chicken into its parts.
- Serve it with pasta, fried potatoes, French fries, mixed salad and seasonal vegetable. For an Oktoberfest serve with cabbage salad and French Fries.