



THE PENDULUM

Primal news...

MARCH 7-10, 2018



“Cooking is the art of adjustment.”
-Jacques Pepin

What's in the Box?

- **2 Top Sirloin Steaks with Pendulum house smoked onions and garlic herb compound butter**
- **1 lb. Buffalo Chicken Sausage, aka “The Dirty Bird”**
- **Ground Beef**

Top Sirloin Steaks

Preheat oven to 400 degrees. Preheat cast iron skillet over high heat until lightly smoking. Pat meat dry with paper towels. Season with salt. Swirl beef tallow or vegetable 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 5-7 minutes. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minute. Serve with our housemade smoked onions and garlic herb compound butter.



“The Dirty Bird”

Buffalo Chicken Sausage with Blue Cheese Cole Slaw

Cole Slaw

INGREDIENTS

- 1/3 medium head green cabbage (loose or discolored outer leaves removed), cored, then shredded or chopped (2 cups)
- 1 small carrot, shredded or chopped (1/4 cup)
- 1/8 medium red onion, cut into thin strips (julienne; 2 tablespoons)
- 1/4 medium green bell pepper, cut into julienne (1/4 cup)
- 1/4 cup regular or low-fat mayonnaise (do not use nonfat)
- 2 ounces Maytag blue cheese, crumbled (1/4 cup)
- 1 teaspoon freshly squeezed lemon juice
- Salt
- Freshly ground black pepper

Instructions

Combine the cabbage, carrot, red onion, bell pepper, mayonnaise, blue cheese and lemon juice in a large bowl; mix well. Season with salt and pepper to taste. Cover; refrigerate for several hours before serving.

Cook the sausage, serve on a roll topped with the blue cheese cole slaw.



**Visit Codex, the newest Popup at
Pendulum. Open Wednesday-Saturday
from 6:30-10 in Pendulum Fine Meats.**

Korean Beef Bowl

Ingredients:

1/4 cup brown sugar, loosely packed
1/4 cup soy sauce
1 tbsp. sesame oil
1/2 tsp. crushed red pepper flakes
1/4 tsp. ground ginger
1 tbsp. vegetable oil
3 cloves of garlic, minced
1 pound ground beef
2 green onions, thinly sliced
Rice

Instructions:

In a small bowl, whisk together brown sugar, soy sauce, sesame oil, red pepper flakes, and ginger. Heat vegetable oil in a large skillet over medium high heat. Add garlic and cook until fragrant, about 1 minute. Add ground beef and cook. Drain excess fat. Stir in soy sauce mixture and green onions until well combined, allowing to simmer until heated through. Serve immediately over rice.



THE PENDULUM POPUPS

Four teams of two, four different concepts, two Sunday nights of their concept, the opportunity to share their creativity and culinary talent with the community. Winning team gets \$1000 prize.

The idea came around after Alkaline decide to move into their own space. We were talking to our staff and many of them thought we should open our own night time activity. We were just unsure how that would look, what food we could do, staffing, commitment. We tossed around a lot of ideas before Ian came to us with his idea of the Codex popup. Meanwhile a lot of the staff were still thinking of interesting ideas and wanted a chance to do their own popups. Many of the ideas need refinement, but were also valuable. We originally proposed an idea that each employee give us their concepts written out very clearly and we, along with a panel perhaps, would decide the best one and they could do a popup. That seemed to be very subjective and the core way that a business is judged is as a business. So we decided on this popup format. Revenue minus food and labor cost, highest total wins \$1,000. The entire public can decide. Beyond an exercise in rudimentary business and cooking skills, it is an opportunity to try out an idea just to see if it has any merit. They will have to consider all aspects of running a business; food cost, labor, cost, marketing, and so much more.

With such a talented staff, we feel compelled to help them grow professionally. As much as we would love to keep them forever, much like our children, we know they will go on to bigger and better things. It is our job as their boss, to provide leadership, education, and opportunity. The popups are the latest measure to build the capacity of our staff.