



THE PENDULUM

Primal news...

APRIL 18-21, 2018



"I'm just someone who likes cooking and for whom sharing food is a form of expressions." -Maya Angelou

What's in the Box?

- 1 lb. Luau Sausage
- 1 lb. Pungo Tuck Ground Beef
- 1 lb. Boneless Pork Chops with Pendulum Housemade Spice Rub
- 1 lb. Boneless, Skinless Chicken Breast

Pungo-Tuck Ground Beef from Virginia Beach

We provide great tasting, humanely raised, local beef. We pride ourselves on our honesty, transparency and humane treatment of our livestock. Simply put, happy beef taste better. Pungo-Tuck Local Beef Co. was created as a school project by Nathan, the proprietor. In addition to Nathan's family, the staff includes Maddie, who was drawn to the team by her love for animals and Matt who joined the team out of intrigue for the agriculture industry. Pungo-Tuck provides an unforgettable beef service. Our cattle are healthy and happy. We use no unnecessary antibiotics or put fillers in our feed. We offer a beef experience unlike any other beef sold in the area.

Chicken Caprese

Ingredients:

1 tbsp. extra-virgin olive oil
1 lb. boneless skinless chicken breasts
kosher salt
Freshly ground black pepper
1/4 c. balsamic vinegar
2 cloves garlic, minced
1 pt. grape tomatoes, halved
2 tbsp. shredded fresh basil
4 slices mozzarella



**Don't forget!
Pendulum makes
fresh mozzarella
every Saturday!**

Instructions:

In a large skillet over medium-high heat, heat oil. Season chicken with salt and pepper and cook until golden and cooked through, 6 minutes per side. Transfer to a plate. Add balsamic vinegar to skillet to deglaze, then add garlic and stir until fragrant, 1 minute. Add tomatoes and season with salt. Let simmer until soft, 5 to 7 minutes. Stir in basil. Return chicken to skillet and nestle in tomatoes. Top with mozzarella and cover with a lid to melt cheese. Spoon tomatoes over chicken and serve.

Luau Sausage

The Luau is a Hawaiian inspired sausage made with fresh ground pork, pineapple, orange juice, and teriyaki sauce. It has a sweet and savory flavor that pairs well with most anything and is one of our favorite summer sausages. Our favorite way to prepare it is parboiled in water or beer and grilled. It's also delicious pan fried and sliced or crumbled in fried rice with vegetables.



Spice Rubbed Pork Chops

Coat pork chops with the spice rub. Preheat the grill to medium high heat. Make sure the grates are clean and lightly oiled. Grill pork chops for about 5 minutes per side or until cooked to your preference. Remove from the grill and let rest for 5-10 minutes and serve.



Our house made spice rub contains garlic powder, onion powder, cumin, chili powder, paprika, salt, brown sugar, and dried thyme.

Join us for the 5th Craft Beer Fest Saturday April 14th, 12 - 6 PM as we sample GREAT LOCAL CRAFT BEERS. Proceeds benefit UDT SEAL Association

Participating Locations Include:

Smartmouth Beer
Rip Rap Brewing Co.
Benchtop Brewing Company
The Bold Mariner Brewing Company
ExceptionAle
bottleBOX
O'Connor Brewing Co.

In Addition to these Ghent locations, this year we have also added TWO tasting beer gardens:

1. Pendulum Fine Meats

Featuring:

Bull Island Brewing Company, Big Ugly Brewing Company, The Oozlefinch Craft Brewery, Bearded Bird Brewing Co., MoMac Brewing Company, Brick & Mortar Brewing Company

2. bottleBOX

Featuring Virginia Craft Beers

Get your tickets at:

<https://www.golocalvirginia.com/ghent-craft-beer-fest>

The event will include tastings, music and, food trucks!

