



THE PENDULUM

Primal news...

JUNE 13-16, 2018



"Love and sausage are alike. Can never have enough of either." – Trixie Koontz

What's in the Box?

- **1 lb. Banh Mi Sausage**
- **1 lb. Ground Beef**
- **1 Package of Boneless Skinless Chicken Breasts**
- **2 lb. Pork Loin Roast**

Pork Loin Roast

Ingredients:

3 cloves garlic, minced
 1 tablespoon dried rosemary
 Salt and pepper to taste
 2 pounds boneless pork loin roast
 1/4 cup olive oil
 1/2 cup white wine

Instructions:

Preheat oven to 350 degrees. Crush garlic with rosemary, salt and pepper, making a paste. Pierce meat with a sharp knife in several places and press the garlic paste into the openings. Rub the meat with the remaining garlic mixture and olive oil. Place pork loin into oven, turning and basting with pan liquids. Cook until the pork is no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center should read 145 degrees F. Move roast to a platter. Heat the wine in the pan and stir to loosen browned bits of food on the bottom. Serve with pan juices.



Strawberry Barbecue Chicken

It's strawberry season in Hampton Roads. What better way to use them?

Ingredients:

2 tablespoons canola oil
Boneless skinless chicken breasts
2 tablespoons butter
1/4 cup finely chopped red onion
2 tablespoons brown sugar
2 tablespoons balsamic vinegar
2 tablespoons honey
1 cup barbecue sauce (Pendulum sells our house made Ancho Chile BBQ Sauce)
1 cup sliced fresh strawberries

Instructions:

Preheat oven to 350°. In a large ovenproof skillet, heat oil over medium-high heat. Brown chicken on both sides. Remove from pan. In same pan, heat butter over medium high heat. Add onion; cook and stir 1 minute or until tender. Stir in barbecue sauce, brown sugar, vinegar and honey. Bring to a boil. Reduce heat; simmer, uncovered, 4-6 minutes or until thickened. Return chicken to pan. Bake 12-15 minutes or until a thermometer reads 165°. Stir in strawberries.



What can I Make for Dinner with Banh Mi Sausage?

There are so many ways to enjoy Pendulum's Banh Mi sausage. We grind pork with carrots, daikon radish, ginger, cilantro, garlic, Hoisin, and Sriracha and case it. Grill it up and serve it on a roll topped with pickled carrots and cilantro, add some Sriracha mayonnaise. Take it out of the casing and cook up for the perfect lettuce wraps. Use it in fried rice. Serve it with rice noodles and vegetables. The possibilities are endless.