



THE PENDULUM

OCTOBER 17-20, 2018



I hate the opera. I think I must have a tin ear. No matter how hard I concentrate it still sounds like a bunch of Italian chefs screaming risotto recipes at each other.
- Aristotle Onassis

What's in the Box?

- **Pumpkin Sausage**
- **Ground Beef**
- **Pork Belly**
- **Chicken Breast**
- **Pendulum BBQ Sauce**

Pendulum's Ancho Chile BBQ Sauce

Our BBQ sauce is made with onions, bacon, and chili peppers. We mix it with ketchup, mustard, brown sugar, and other spices. We puree it and strain it. We serve it on our Texas brisket sandwich. It is a customer favorite. Use it on your chicken breast this week or the pork belly. It makes everything better.



Risotto with Pumpkin Sausage

Ingredients

- 2 cups chicken stock
- 2 Tablespoons butter
- 1 small onion, finely chopped
- 2/3 cup arborio rice
- 1/2 cup dry white wine
- 1/4 cup shredded parmesan cheese



Instructions

Heat the chicken stock in a saucepan until it's simmering, then reduce heat to low. In a separate large frying pan, melt the butter and sauté the onion until soft, but not browned. Add the rice and reduce the heat to low. Stir well to coat the grains of rice in the butter, for about 2 minutes. Add the wine to the rice and turn the heat up to medium. Cook, stirring the rice continuously, until all the liquid has been absorbed (about 5 minutes). Add 1/2 the warmed chicken stock slowly, stirring continuously so the rice cooks evenly. Continue stirring and cooking over medium heat until most of the liquid is absorbed, then repeat with second half of stock. Continue stirring until liquid is absorbed again and the rice is al dente and the risotto has a nice creamy texture. This will take around 20 minutes of cook/stir time. Remove from heat as soon as the rice is soft and completely cooked. Stir in the parmesan cheese, top with cooked pumpkin sausage, and serve.

BBQ Pork Belly

Instructions

Slice the pork belly about 3/4 inch thick. Dip each piece of sliced pork belly in our housemade BBQ sauce, covering all sides completely then place them in a plastic freezer bag. Seal and place in the fridge. Let it marinate for a few hours or, better, overnight. Arrange the marinated pork belly slices on a grill rack and place it on the middle rack of the oven with another baking pan placed below it to catch the drippings. Bake at 350°F for about 20-30 minutes while basting the meat with the remaining marinade every 10 minutes.

