



THE PENDULUM

APRIL 17-20, 2019



What's in the Box?

- Chicken Thighs
- Ground Beef
- Ground Lamb
- Housemade Tzatziki Sauce
- Beef Kabob Meat

"You don't need a silver fork to eat good food." -
Paul Prudhomme

7 Tips for Grilling the Perfect Kabob

From the Beef Loving Texans

Click on the link below to read the "7 Tips on Grilling the Perfect Kabob" article. You can find recipes for hoisin marinated beef skewers with peanut dipping sauce, citrus marinated beef kabobs, onion lovers steak kabobs, and spicy Portuguese beef steak kabobs. We recommend marinating the beef kabob meat prior to cooking.

www.beeflovingtexans.com/7-tips-on-grilling-the-perfect-kabob/

Lamb Burgers

Ingredients:

- 1 pound ground beef
- 1 pound ground lamb
- 3 tablespoons diced red bell pepper
- 3 ounces fresh mint leaves, chopped
- 1 tablespoon minced onion
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 1/4 teaspoon coriander
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground black pepper
- Pinch cayenne pepper



Directions:

Mix the beef, lamb, bell peppers, mint, onions, allspice, cloves, coriander, cumin, black pepper and cayenne pepper. Form into 6 patties. Cook the burgers to your liking in a skillet or on a grill. Serve with our house made Tzatziki sauce on your choice of bread, pita, or bun.

Spring Vegetable and Chicken Thigh Skillet

Ingredients:

- Chicken Thighs
- 1/2 tbsp. salt
- 1 cup of gold potatoes, halved
- 1 1/2 cups fresh asparagus, 1 in. pieces
- 1/4 cup peas
- Chopped fresh tarragon

Shallot Vinaigrette:

- 1 tbsp. olive oil
- 1 tbsp. red wine vinegar
- 1 tbsp. minced shallots
- 1 tsp. Dijon mustard
- 1/4 tsp. salt
- 1/4 tsp. black pepper

Instructions:

1. Preheat oven to 400°F. Heat olive oil in a 12-inch skillet over medium-high. Sprinkle chicken thighs with salt and pepper. Place thighs in hot oil, and cook until golden brown, about 10 minutes. Flip thighs, and cook until other side is brown, about 5 minutes. Transfer chicken to a plate.
2. Add potatoes to skillet, and toss to coat in oil. Return chicken to skillet. Place skillet in preheated oven, and roast until potatoes are almost done, 12 to 15 minutes. Add asparagus and peas to skillet, tossing to coat. Continue roasting until a thermometer inserted in thickest portion of thighs registers 165°F and the vegetables are tender, 3 to 4 minutes more.
3. Prepare the Shallot Vinaigrette: Whisk together oil, red wine vinegar, shallot, mustard, salt, and pepper in a small bowl. Drizzle vinaigrette over chicken thighs and vegetables, and sprinkle with tarragon. Serve immediately.