



THE PENDULUM

JANUARY 5-8, 2022



*"For last year's words belong to last year's language. And
next year's words await another voice." -T.S. Eliot*

What's in the Box? Happy New Year!

- **Whole Chicken**
- **Pork Chops**
- **Regular Chef
Pepper Jelly**
- **Dealer's Choice
Sausage**

New Year, New Hours!!!!

Starting in 2022, we will have new hours. We will be open Monday-Saturday from 11-6 and closed on Sundays. The pandemic taught us many things, but perhaps the most important is that we need quality time with our families. As more of our staff members get married, engaged, and add children to the mix, we want them to be able to spend more time with their families.

In this new year, send us your recipes that you love so we can share them in the newsletter and incorporate the ingredients into the boxes. We always love to hear from you.

Slow Cooker Lemon and Garlic Chicken

Ingredients

4 lemons
2-3 heads of garlic
1 whole chicken
Fresh rosemary or any fresh herbs
Salt and pepper (or the turkey rub from the November box)

Instructions

Cut garlic heads and lemons in half and lay in bottom of slow cooker. Cut the bottoms off the lemons so they lay flat. Add a sprig of rosemary, or any herbs. Remove insides from chicken, rinse chicken and pat dry. Season chicken well, inside and out, with turkey rub or salt and pepper. Lay chicken on top of garlic and lemon slices and stuff the chicken with a garlic head cut in half, and a lemon cut in quarters. Cover top of chicken with additional lemon slices and rosemary. Turn slow cooker to high, and cook for about 4 hours, or until chicken reaches 165 degrees. When chicken has reached 165, turn off slow cooker and let chicken rest for about 15 minutes. Remove from slow cooker, carve and serve. Liquid from slow cooker can be strained and served over chicken.



Seared Pork Chops with Pepper Jelly

Pat the chops dry with a paper towel and season with salt and pepper liberally. Don't be afraid to use the salt and pepper! Heat a cast iron or black steel pan over high heat. Create an even layer of oil around the whole pan. As you see the whips of smoke, add the pork chops to the pan. Sear on each side for 30-45 seconds.

Transfer to oven safe dish and bake at 350 until an internal temperature of 145 degrees. While pork chops are baking, remove oil from the cast iron pan and deglaze the pan with 2 oz. wine. Add 8 oz. of pepper jelly and two pats of butter and stir until butter melts. Pour the pan sauce over the pork chops and serve.

