



THE PENDULUM

JANUARY 19-22, 2022



"We all eat, an it would be a sad waste of opportunity to eat badly." -Anna Thomas

What's in the Box?

- **Chicken Breast**
- **Country Style
Ribs**
- **Ground Beef**
- **Hawaiian Luau
Sausage**

Creamy Chicken Orzo

Ingredients:

- 1 tbsp Olive oil
- 1 Onion, chopped about 1 cup
- 2 Ribs celery, chopped, about 1 cup
- 2 Large carrots, peeled, sliced, about 1 cup
- 4 Garlic cloves, minced
- 8 cups Chicken stock
- 2-3 cups Chicken, cooked, shredded
- 1 lb Orzo (1 box)
- 1 tbsp Flat leaf parsley, minced
- 1 tsp Salt
- ¼ tsp Pepper

Instructions:

Heat the olive oil in a large pot over medium heat. Add the onion, celery and carrots and cook until the onion is translucent, about 7 minutes. Add garlic and sauté for 2 minutes longer. Add the chicken stock and bring to a boil. Add the cooked, shredded chicken breast along with the orzo. Reduce the heat to medium. Add the parsley, salt and pepper. Maintain a simmer for 20 minutes, until the orzo is cooked through, the veggies are tender, and most of the liquid has been absorbed by the orzo.



Country Style Pork Ribs

Country-style pork ribs aren't ribs at all. They're cuts of pork shoulder, which is the same meat you use to make pulled pork and carnitas. They're way meatier than regular pork or beef ribs. They have that wonderful marbling of fat which helps keep them moist during the long, slow cooking process on the way to tender, fall-apart ribs.

Ingredients

2 lbs. Country Style Pork Ribs

Salt and pepper

Your favorite BBQ sauce

(Email us to add on a pint of our housemate ancho chile bacon bbq sauce)



Instructions

Preheat your oven to 300°F. Salt and pepper both sides of your ribs and place in a single layer in your pan, fattier side up. Cover the pan tightly with foil and bake for 2 hours. Carefully (steam and liquid in the tray will be hot!) remove ribs from the oven and check the meat. They should be starting to become tender. If they still feel tough, re-cover them and place them back in the oven for 15 to 30 minutes. Transfer ribs to a plate and drain liquid from the pan. Return ribs to tray and brush with a generous coating of BBQ sauce. Turn oven down to 275°F and bake ribs, uncovered, for 1 hour more, or until you can pull the meat apart with a fork (if your ribs were small and already pretty tender when you put them back in the oven, start checking after 20 minutes). Brush with another coat of BBQ sauce, rest for 5 minutes, serve and enjoy! Delicious served with mashed potatoes, scalloped potatoes, rice, cole slaw, or corn.

Pair with One True Zin-

On the palate, the wine shows notes of plum, cherry, marmalade and some tobacco. Spice comes through on the finish with an aftertaste of cocoa, coffee and vanilla. Originally \$18 but \$15 for a CSA Add On. Please email dana@pendulummeats.com to add a bottle to your CSA pickup.

