



# THE PENDULUM

MARCH 2-5, 2022



*"Laughter is brightest in the place where food is good."  
-Irish Proverb*

## What's in the Box?

- **Whole Chicken**
- **Ground Pork**
- **Beef Stew Meat**
- **Boneless Pork Chops**

## Korean Rice Bowls

### Ingredients:

- 4 cups cooked rice
- 1 teaspoon sesame oil
- 1 pound ground pork
- 3 cloves garlic, minced
- 4 tablespoons soy sauce
- 1 tablespoon freshly grated ginger
- 3 tablespoons brown sugar
- a dash of sriracha hot sauce
- 1 cup carrots, cut julienne style
- chopped green onions, toasted sesame seeds, red pepper flakes (optional) for serving



### Ingredients:

Prepare the rice according to package directions. Heat a large non-stick skillet over medium-high heat and add the sesame oil. Add the ground pork to the hot skillet and brown until cooked through. Add the garlic, soy sauce, ginger, brown sugar, and sriracha to the skillet and stir well until a small amount of sauce forms. Add the carrots and cook for about 2 more minutes until the carrots soften slightly. Serve the beef mixture over rice and garnish with chopped green onions, toasted sesame seeds, and a small sprinkling of red pepper flakes (garnishes optional). We added mushrooms while cooking and garnished with green onions and chopped peanuts.

# Beef Guinness Pie

*Perfect for Saint Patrick's Day*

## **Ingredients:**

- 2 heaping teaspoons all-purpose flour
- 12-16 oz. stewing beef such as chuck, cut into bite-size chunks
- 2 tablespoons olive oil plus more as needed
- 1 medium onion diced (about 1 1/2 cups)
- 4 cloves garlic crushed
- 1 medium carrot diced
- 2 stalks celery diced
- 1 1/2 cups beef stock
- 3 cups Guinness
- One (14-oz) can diced tomatoes drained
- 3 tablespoons Worcestershire sauce
- 3 tablespoons A.I. Steak Sauce
- Small handful each rosemary, thyme, and flat-leaf parsley leaves finely chopped
- Salt and pepper to taste
- 1 sheet puff pastry
- 1 large egg yolk mixed with a little milk

## **Instructions:**

Dump the flour in a shallow bowl and lightly toss the meat in it to completely coat it. Heat 1 tablespoon olive oil in a large, heavy-bottomed saucepan or Dutch oven over medium heat. Working in batches, lightly brown the meat on all sides, adding more oil to the pan as needed. Drain on paper towels. Add the remaining tablespoon oil to the drippings in the pan along with the onion and garlic and cook, stirring occasionally, over medium heat until softened, 3 to 4 minutes. Add the carrot and celery, reduce the heat to medium-low, and cook for 5 to 6 minutes. Return the meat to the pan, then add the stock or broth, Guinness, canned tomatoes, Worcestershire sauce, steak sauce, and chopped herbs and stir, using a wooden spoon to scrape any bits stuck to the bottom of the pan. Season to taste with salt and pepper, then bring to a boil. Reduce the heat to low and gently simmer, uncovered, until the meat is tender and the sauce has thickened, stirring occasionally and skimming any fat from the surface, 1 1/2 to 2 1/2 hours.

Spoon the stew into an ovenproof pot or dish about 7 inches in diameter. Let cool. Alternatively, if you'd like a nice dome to your pot pie—and, hey, who doesn't?!—heap the filling in a slightly smaller baking dish. Preheat the oven to 400°F (200°C). Brush the outside edge of the pot or dish with water, then gently place the sheet of pastry over the stew, pinching the pastry against the edge of the pot or dish to seal. (If you like, you can crimp the pastry to form a decorative edge.) Brush the pastry generously with the egg wash and bake for 30 to 40 minutes, until the pastry is puffed and golden brown. Serve hot from the oven.



## ***Pair with Beefsteak Malbec***

A juicy Malbec from Mendoza. Deep purple in color and ripe black fruits on the nose. Rich and layered with salt tannins and a long finish. Normally \$18 per bottle, CSA members can add this on for \$15. Email [dana@pendulummeats.com](mailto:dana@pendulummeats.com) to add a bottle to your order.