



# THE PENDULUM

MARCH 16-19, 2022



*"Food has a culture. It has a history. It has a story.  
It has relationships." -Winona LaDuke*

## What's in the Box?

- **Baby Back Pork Ribs**
- **Ground Beef**
- **Dealer's Choice Sausage**
- **2 Packages Chicken Thighs**

## Beef Taco Soup

### Ingredients:

- 2 tablespoons olive oil
- 1 pound ground beef
- 1 medium onion, diced
- 1 jalapeño pepper, finely diced
- 1 tablespoon garlic, minced
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon crushed red pepper
- 2 (14 oz) cans crushed tomatoes
- 1 ¾ cups beef stock
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 (28 ounce) can black beans, drained
- 1 cup frozen corn

### Ingredients:

In a large stock pot or Dutch oven, heat oil over medium high for 2 minutes until the oil is sizzling hot. Add ground beef and cook for 5-7 minutes until browned. Make sure to break up the beef into small pieces to help with even browning. Add onion, jalapeño, and garlic. Stir well to combine and continue to cook for 3-4 minutes until tender. Stir in paprika, cumin, and crushed pepper until evenly mixed. Add crushed tomatoes and beef broth. Season with salt and pepper to taste. Cover the lid and let it simmer over medium heat for 10 minutes, stirring occasionally. Add black beans and corn. Stir well to mix and cook until heated through, about 2 minutes. Serve immediately and add toppings including tortilla chips, cilantro, lime juice, avocado, and cheddar cheese. black beans and corn.



# Chicken Provençal

*Green olives, tomatoes, shallots, fresh thyme, white wine and plenty of garlic create a deeply fragrant, flavorful base for this delicately date-sweetened braised chicken Provençal.*

## **Ingredients:**

- 2 packages of chicken thighs
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper
- 3 tbsp olive oil
- 3-4 sprigs fresh thyme or 1 tbsp dried thyme
- 12 cloves garlic, peeled
- 6 medium-size shallots, peeled and halved
- 2 pints of cherry tomatoes
- ½ cup dates, halved and pitted (if necessary)
- 1 cup green olives
- 1 cup dry white wine (such as Sauvignon Blanc)



## **Instructions:**

Heat oven to 400° F. Season the chicken with salt and pepper. Heat the oil in a large oven proof pan, and place in the chicken skin side down. Cook the chicken without disturbing it for 4-5 minutes until golden brown. Flip chicken over. Arrange the thyme, garlic cloves, shallots, cherry tomatoes, dates and green olives around the chicken, then add the wine to the pan. Add the wine and bring to a simmer. Cover the pot with a lid and place in the oven. Cook in the oven for 60 minutes. Serve over rice, polenta, mashed potatoes or with crusty bread for dipping.



## **Pair with Marfil Blanc Classic**

Bright straw color with a green hue. Pure nose, spicy and aromatic with wild herbs, almond, nuts, citrus and white fleshed fruit. Medium bodied, a slight hint of sweetness on the palate, green apple, pear and candied citrus, fresh and balanced backbone of acidity and a fairly long finish. Normally \$19 per bottle, CSA members can add this on for \$16. Email [dana@pendulummeats.com](mailto:dana@pendulummeats.com) to add a bottle to your order.

