



THE PENDULUM

APRIL 13-16, 2022



*"Life is a combination of magic and pasta." -
Federico Fellini*

What's in the Box?

- **NY Strip**
- **Luganega Sausage**
- **Ground Beef**
- **Ground Pork**

Luganega Sausage

Our housemade Luganega sausage is a pork sausage with oregano, garlic, white wine, lemon, parmesan cheese, salt, and pepper. Delicious by itself, it also is perfect with pasta and vegetables. Looking for a quick meal? Take it out of the casing and cook with squash, zucchini, mushrooms, and onions. Deglaze the pan with a touch of white wine and mix with pasta.



Meatballs

Ingredients:

- ⅓ cup plain breadcrumbs
- ½ cup milk
- 2 tablespoons olive oil
- 1 onion diced
- 1 pound ground beef
- 1 pound ground pork
- 2 eggs
- ¼ bunch fresh parsley, chopped
- 3 cloves garlic, crushed
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- ½ teaspoon red pepper flakes
- 1 teaspoon dried Italian herb seasoning
- 2 tablespoons grated Parmesan cheese



Instructions:

Cover a baking sheet with foil and spray lightly with cooking spray. Soak bread crumbs in milk in a small bowl for 20 minutes. Heat olive oil in a skillet over medium heat; stir in onion. Cook and stir until onion has softened and turned translucent, about 5 minutes. Reduce heat to low and continue cooking and stirring until onion is very tender, about 15 minutes more. Gently stir beef and pork together in a large bowl (do not overmix). Stir onions, bread crumb mixture, eggs, parsley, garlic, salt, black pepper, red pepper flakes, Italian herb seasoning, and Parmesan cheese into meat mixture with a rubber spatula until combined. Cover and refrigerate for about one hour. Preheat an oven to 425 degrees F. Using wet hands, form meat mixture into balls about 1 1/2 inches in diameter. Arrange onto prepared baking sheet. Bake in the preheated oven until browned and cooked through, 15 to 20 minutes. Simmer in sauce for an hour after baking if desired.



Don't forget to send your Easter orders to
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