



# THE PENDULUM

MAY 11-14, 2022



**“The belly rules the mind”  
-Spanish Proverb**

## What's in the Box?

- **Boneless Pork Chops**
- **Breakfast Sausage**
- **Two Packages of Bone In Chicken Thighs**
- **Ground Beef**

## ***Savory French Toast with Sausage Gravy***

### **Ingredients:**

- 1 lb breakfast sausage
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 2 cups heavy whipping cream
- 1/2 cup 2% milk
- 1/2 cup grated Parmesan cheese
- 1 teaspoon pepper
- 1/4 teaspoon salt
- 3 large eggs (for french toast)
- 1/2 cup milk (for french toast)
- 6 slices French bread (1 inch thick)

### **Instructions:**

In a large skillet, cook sausage over medium heat breaking into crumbles; remove with a slotted spoon. Discard drippings. In same skillet, heat butter over medium heat. Stir in flour until blended; gradually stir in cream and milk. Bring to a boil, stirring constantly; cook and stir 4-6 minutes or until sauce is thickened. Stir in sausage, cheese, pepper and salt; keep warm. Lightly grease a griddle; heat over medium heat. Meanwhile, in a shallow bowl, whisk eggs and milk until blended. Dip both sides of bread in egg mixture. Cook 2-3 minutes on each side or until golden brown. Serve with gravy.

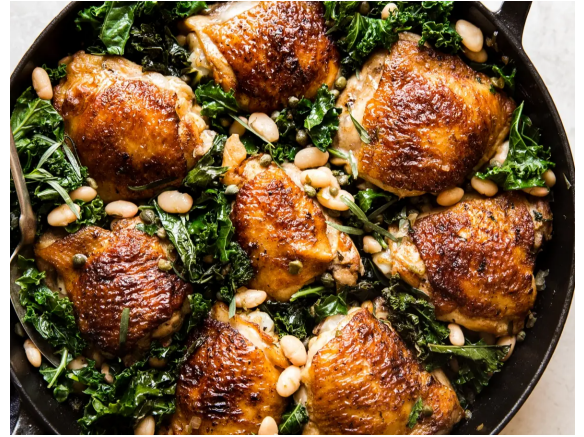


# Chicken Thighs Two Ways

## ***Braised Chicken with Kale and White Beans***

### **Ingredients:**

2 tbsp olive oil  
1 tsp paprika  
1 tsp sea salt  
1/2 tsp black pepper  
1 lb. bone-in, skin-on chicken thighs  
1 shallot, minced  
3/4 cups chicken broth  
1/2 tbsp dijon mustard  
1 tbsp salted butter, cold  
1 tbsp freshly squeezed lemon juice  
1/2 tsp freshly chopped tarragon  
1/4 cup capers, drained  
5 cups kale, stems removed, roughly chopped  
1 13.5 oz can white cannellini beans, drained and rinsed



### **Instructions:**

In a large skillet or braiser with a tight fitting lid heat 1 tablespoon of the olive oil over medium/high heat. In a small bowl mix together paprika, salt and pepper. Pat the chicken thighs dry and season them generously with the paprika mixture. Place the thighs, skin side down into the pan. Cook until skins are golden brown and crisp, about 5 minutes. Flip and continue to cook until the other side is just browned, about 3 more minutes. Transfer chicken to a plate. In the same pan add the shallots and cook over medium heat, stirring often, until just tender, about 4 minutes. Add 1/2 cup of the chicken stock to the pan along with the dijon mustard. Bring liquid to a simmer, stirring and scraping up brown bits with a wooden spoon. Allow to simmer on medium low heat until sauce reduces and thickens, about 5 minutes. Remove from heat and slowly whisk in cold butter. Once the butter is incorporated, stir in the lemon juice, capers and tarragon. Add the kale and white beans to the pan and toss until greens are lightly coated with the sauce. Add the chicken back to the pan, tucking each thigh into the greens. Drizzle the remaining broth over the entire dish, bring to a simmer, cover and cook on low heat for 30 minutes. Remove from heat, transfer to a large serving platter and serve as is or over mashed potatoes or a bed of creamy polenta.

## ***Golden Chicken Thighs***

### **Ingredients:**

1 1/2 tablespoons olive oil  
1 lb chicken thighs 1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/2 teaspoon chili powder  
salt and fresh ground pepper, to taste  
1 tablespoon butter  
2 cloves garlic, minced  
1/2 cup chicken stock (you can also use wine)  
fresh chopped parsley for garnish

### **Instructions:**

Season chicken thighs with onion powder, garlic powder, chili powder, salt, and pepper. Heat oil in a large skillet over medium heat. Add seasoned chicken thighs to the skillet, smooth side down; cook for 5 minutes or until you can easily flip over the chicken. Flip and continue to cook for 6 to 7 more minutes, or until no longer pink. Add butter and minced garlic; cook for about 30 seconds or until fragrant. Add chicken broth and stir around to scrape up all the crispy bits on the bottom of the pan. Continue to cook for 1 minute. Remove from heat. Garnish with fresh chopped parsley. Serve.

