



THE PENDULUM

MAY 25-28, 2022



"Those who have long enjoyed such privileges as we enjoy forget in time that men have died to win them." -FDR

What's in the Box?

- **Top Sirloin**
- **Baconwurst Sausage**
- **Half Chicken**
- **Ground Beef**

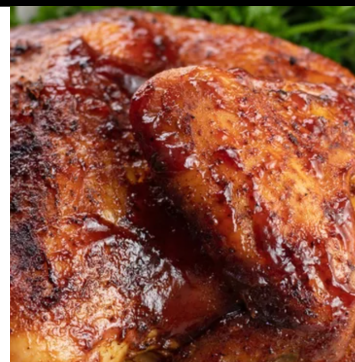
BBQ Grilled Half Chicken

Ingredients:

- 1 half chicken
- 1 teaspoon paprika or smoked paprika
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ cup barbecue sauce, divided

Instructions:

Combine the spices, then massage the seasonings over every surface of the chicken. For a charcoal grill, place the chicken between the piles of charcoal skin side up. For a gas grill, turn the center burners off and place the chicken in the center of the grill, skin side up. Close the grill and cook for 25 minutes, then flip the chicken and continue cooking with the lid closed for an additional 25 minutes. Baste the top of the chicken with half the barbecue sauce and flip it again so the basted side is closer to the flames to cook for 5 minutes. Then baste the skin side of the chicken with the remaining barbecue sauce and flip it again to cook for an additional 5 minutes. Check the temperature of the chicken; it should be 165 F when done. Remove the chicken from the grill, loosely tent it with foil, and allow it to rest for 10 minutes before slicing it and serving.



SOUVLAKI BEEF SHISH KEBABS

Ingredients:

1 lb. sirloin steak, cut into 1 + 1/2-inch cubes
2 tablespoons olive oil, divided
1 tablespoons lemon juice, freshly squeezed
1 tablespoons Italian seasoning
1/2 tablespoon garlic, minced
1 teaspoons salt (or to taste)
1/2 teaspoon ground black pepper
1/2 red bell pepper, cut into 1-inch pieces
1/2 red onion, cut into 1-inch pieces
1/2 zucchini, sliced into 1/4-inch pieces
Tzatziki sauce for serving



Instructions:

Marinate the beef steak. Add cubed beef into a zip-loc bag Add 2 tablespoons olive oil, lemon juice, Italian seasoning, minced garlic, salt and pepper. Press the air out of the bag and seal tightly. Press the marinade around the beef steak to coat. Place in the fridge to marinate at least 30 minutes or overnight. Skewer the beef. Thread the beef onto skewers, alternating with red bell peppers, red onion, and zucchini. Grill the skewers. Preheat a grill pan over medium high heat for 4-5 minutes and lightly brush the grill with remaining olive oil. You should notice the oil shimmer and sizzle when it's hot and ready. Grill the beef skewers for 8-10 minutes on each side or until the internal temperature for the beef reaches 155 F. For well done beef, cook for another 1-2 minutes on each side or until the internal temperature reaches above 160 F. Serve. Serve these beef souvlaki skewers with a side of Greek rice, pita bread, lemon potatoes and Greek salad. Don't forget to slather lots of tzatziki sauce on top.

40 Minute Burger Buns

From Fox and Briar, these Homemade Hamburger Buns are incredibly fast, easy and delicious! In less than an hour, you can have soft and fluffy hamburger buns without going to the store. Make this 40 minute hamburger bun recipe for your next cookout!

<https://www.foxandbriar.com/40-minute-hamburger-bun-recipe/>

