



# THE PENDULUM

JULY 6-9, 2022



*"Food is an experience to be explored and enjoyed by the rich man and the poor."*

## What's in the Box?

- **Flank Steak**
- **Pork Carnitas**
- **Chorizo Sausage**

## Chorizo Hash

### INGREDIENTS

2 lb potatoes, cubed (not peeled)  
 1 tablespoon salt  
 3 tablespoon olive oil  
 Bulk chorizo sausage  
 1 onion  
 1 teaspoon paprika  
 ¼ teaspoon red pepper flakes  
 2 garlic cloves  
 Parsley for garnish

### INSTRUCTIONS

Boil the potatoes in salted water until just cooked through, about ten minutes. Peel and chop the onion and garlic. Place a large ovenproof skillet over medium heat and pour in the oil. Add the chopped onion and cook until it is starting to soften (3-4 minutes). Add the chorizo sausage and use a spatula to break it up in the pan. Let it cook over medium heat until the sausage is cooked. Add in the paprika and stir together. Use a slotted spoon to remove the chorizo and onions from the pan, leaving the oil behind. Add the drained potatoes to the pan and stir well to coat them in the oil. Cook over medium high heat for 7-8 minutes until crusty and golden. Add the chorizo and onion back into the pan and stir well. Season with salt and pepper and in the red pepper flakes (if using) and the garlic. Cook for a few minutes until everything has come together. Serve garnished with parsley.



# Flank Steak Tacos

## Ingredients:

1 flank steak  
3 tablespoons extra-virgin olive oil  
2 tablespoons lime juice  
1 tablespoon orange juice  
1 tablespoon lower-sodium soy sauce  
2 teaspoons minced garlic  
1 teaspoon cumin  
½ teaspoon chili powder  
½ teaspoon kosher salt, divided  
flour or corn tortillas  
TOPPINGS: chopped fresh cilantro, lime juice,  
queso fresco, pickled onions (recipe below)



## Instructions:

Score steak diagonally against the grain (about ½-inch deep) on both sides. Place in a shallow dish. Combine oil, juices, soy sauce, garlic, cumin and chili powder; whisk to combine. Pour over steak, turning to make sure both sides are coated with mixture. Cover and place in refrigerator for at least two hours. Preheat oven to broil. Remove steak, discarding excess marinade. Place on a broiler rack of an oven pan. Sprinkle steak with ¼ teaspoon salt. Broil 7 minutes; flip steak. Sprinkle with remaining ¼ salt. Return to oven; broil an additional 7-9 minutes or until desired doneness. Remove from oven; let sit covered with foil for 10 minutes. Place on a cutting board and cut against grain into thin ½ to ¾-inch strips. Make your tacos!

## **PICKLED ONIONS**

### Ingredients:

1 large red onion, halved or quartered, then sliced into thin strips, 1 cup vinegar, 1 cup water  
¼ cup sugar, 1 tablespoon salt

### Instructions:

Bring water and vinegar to a boil. Add sugar and salt, stirring over heat until dissolved. Pour over onions and let sit for 30 minutes. Drain or refrigerate in liquid, draining before serving.

## Pendulum Classes are back!

We are bringing back our classes now that we feel more comfortable having people in our kitchen. We have dates scheduled for our Chicken Breakdown and Knife Skills Class, Sausage Making Class, Charcuterie Board Making and Tasting Class, and our Hog Butchery Demonstration Class. Click on the link below for more information and to register!

<https://pendulummeats.com/events-and-food/classes/>