



THE PENDULUM

JUNE 8-11, 2022



"Summer has a flavor like no other. Always fresh and simmered in sunshine"-Oprah Winfrey

What's in the Box?

- **Boneless Pork Chops**
- **Dealer's Choice Sausage**
- **Chicken Breast**
- **Eggs**
- **Lard**

Quiche Pie Crust Recipe

One of our favorite things to make with our sausages is quiche. Below is a recipe to make your pie crust using lard. It is surprisingly easier than you would think. Fill with cooked sausage, eggs, cheese, veggies, whatever you like and bake!

Ingredients:

- 1 ½ cups all-purpose flour
- ½ teaspoon kosher salt
- 5 tablespoons lard, chilled
- 4 tablespoons unsalted butter, chilled and cut into ½-inch cubes
- 4 tablespoons ice water or up to 5 tablespoons

Instructions:

Add flour and salt to the bowl of a food processor with knife blade attached. Pulse a few times to combine. Add lard and butter and pulse until coarse crumbs form (a little larger than peas). Sprinkle in ice water, 1 tablespoon at a time, pulsing after adding each one, until just moist enough to clump together when squeezed. Transfer dough to lightly floured work surface. Shape dough into a 1-inch thick disc and wrap tightly with plastic wrap; refrigerate one hour or longer. When ready to use, roll it out and place in a pie dish or cast iron skillet. Fill with ingredients and bake.



GRILLED CHICKEN ORZO SALAD WITH AVOCADO

Ingredients:

16 ounces orzo, cooked
2 boneless, skinless chicken breasts
1 teaspoon smoked paprika
1 teaspoon garlic powder
kosher salt and pepper
4 green onions, thinly sliced
1 handful fresh cilantro
1 avocado, cubed

Cilantro Lime Dressing:

3 tablespoons freshly squeezed lime juice
1 ½ tablespoons honey
¼ cup fresh cilantro
2 garlic cloves, minced or pressed
¼ teaspoon salt
¼ teaspoon pepper
pinch crushed red pepper flakes
⅓ cup extra virgin olive oil

In a blender or food processor, combine the lime juice, honey, garlic, cilantro salt, pepper, pepper flakes and olive oil. Blend until combined and smooth, then chill.

Instructions:

Cook the orzo. Season the chicken breasts all over with the paprika and garlic powder, along with a big pinch of salt and pepper. Place the chicken on the grill grates. Grill for 5 minutes, then flip over and grill for 5 minutes more, or until the internal temperature reaches 165 degrees F. Remove the chicken and let it rest for 10 minutes and slice the chicken. Toss the orzo with half of the cilantro lime vinaigrette. Stir in the green onions and cilantro. Add the chicken and toss. If serving now, toss in the avocado. Taste and season with more salt and pepper if necessary. Drizzle on extra dressing and serve!



Rose Tasting Event

Join us Saturday, June 11th from 6:30pm-9:00pm for an evening of Rosé! We will have Angela (from Well Crafted Beverage), Matt (from Roanoke Valley Wine Company), and McKenzie (from The Robins Cellars) pouring a variety of different rosés. Special pricing on in-house bottles and take home orders. Tickets are \$30 per person and include: A Glass of "Welcome Rosé," Rosé Samples, and Raffle Tickets For a Chance to Win Prizes. Our kitchen will stay open so you can grab a sandwich or a burger. Click below to purchase.



<https://pendulummeats.square.site/product/ros-night-tickets/282?>