



# THE PENDULUM

AUGUST 31-SEPTEMBER 3, 2022



*"The trick in life is learning how to deal with it."*  
-Helen Mirren

## What's in the Box?

- **Pork Carnitas**
- **Chicken Breast**
- **Ground Beef**
- **Blueberry Breakfast Sausage**
- **Eggs**

## Mongolian Chicken

### Ingredients:

#### **Mongolian Sauce**

- ½ cup chicken stock
- 2 tablespoon cornstarch
- 2 tablespoon brown sugar
- 3 tablespoon soy sauce
- Mint or cilantro for garnish

#### **Mongolian Chicken**

- 1 pound chicken breast
- ½ cup cornstarch
- 4 cloves garlic *minced*
- 1 teaspoon ginger *minced*
- 6 red chilies *dried*
- 3 green onions, *sliced*
- ⅓ cup vegetable oil *for frying*

### Instructions:

Whisk all the sauce ingredients together in a medium bowl. Set aside. Toss the chicken with the cornstarch, ensuring each chicken piece is covered in cornstarch. Heat the vegetable oil in a pan or wok. Fry the chicken pieces in batches until they are completely cooked through and slightly brown and crispy. Drain the oil from the wok leaving 1 tbsp in the wok, if necessary. Add garlic, ginger, red chilies to the wok and saute for 30 seconds. Add in the prepared sauce and bring to a simmer, stirring constantly until the brown sugar has dissolved completely. If you find the sauce is too thick add a bit more chicken broth or water. Add in the chicken and green onions then toss everything together for 15 seconds. Serve over rice.



# Mexican Pork Carnitas

## Tortas

### *For the Carnitas:*

#### Ingredients

##### Pork Carnitas

- 1 tablespoon lime juice
- 2 teaspoons coarse sea salt
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon onion powder
- 1/2 teaspoon ground black pepper

#### Instructions

Place the pork carnitas in the slow cooker. Add the lime juice, salt, ground cumin, chili powder, garlic powder, dried oregano, onion powder and black pepper. Mix thoroughly to coat the meat with all the seasonings. Cover and cook on high for 4 hours, or on low for 7-8 hours. When tender, shred the meat by pulling it apart with two forks. Mix in freshly chopped cilantro if desired. Great for tacos, gorditas, tostadas, burrito bowls, salads, or the torta recipe below.

### *For the Tortas/Sandwiches:*

#### Ingredients:

- 8 ounces pork carnitas, shredded (about 1 ½ cups)
- 2 Crusty bolillos or teleras; you can use Kaiser rolls too
- 4 tomato slices
- 2 onion slices
- ½ cup of cabbage finely sliced
- 2 Tablespoons mayonnaise
- 6 Tablespoons refried beans
- A few drops of hot sauce

#### Instructions:

Cut the rolls in half lengthwise, and remove some of the crumbs from the middle of the bread. Heat a griddle over medium-high heat. When hot, place the rolls upside down to warm. This will take about 1 minute, then remove. Spread mayonnaise on one side of each roll and beans on the other. Divide the carnitas between the two bottom sides of the rolls. Top the meat with the shredded cabbage, tomato, and onion slices. Finally, place the tops of the bread on the sandwiches.

