



THE PENDULUM

OCTOBER 12-15, 2022



*"Fall is my second favorite F word.
Food is my first."*

What's in the Box?

- **Pumpkin Sausage**
- **Chicken Stock**
- **Ground Beef**
- **Whole Chicken**
- **Lard**

Perfectly Roasted Chicken

1 small onion
3 cloves garlic
3 sprigs fresh tarragon
3 sprigs fresh thyme
2 tablespoons extra-virgin
olive oil
1 teaspoon kosher salt
½ teaspoon freshly ground
pepper

Preheat oven to 375°F.

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Place onion, garlic, tarragon and thyme into the cavity of the chicken. Tie the legs together with kitchen string, mostly closing the cavity opening. Pull the wings so the tips overlap on top of the breast; tie in place, wrapping string around the wings and body. Rub the chicken with oil, salt and pepper. Set in a roasting pan, breast-side down.

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Roast the chicken for 25 minutes. Turn breast-side up and continue roasting, basting occasionally with pan juices, until a thermometer inserted into the thickest part of the thigh, without touching bone, registers 175°F, 1¼ to 1½ hours.

Risotto with Pumpkin Sausage



Ingredients

- 2 cups chicken stock
- 2 Tablespoons butter
- 1 small onion, finely chopped
- 2/3 cup arborio rice
- 1/2 cup dry white wine
- 1/4 cup shredded parmesan cheese

Instructions

Heat the chicken stock in a saucepan until it's simmering, then reduce heat to low. In a separate large frying pan, melt the butter and sauté the onion until soft, but not browned. Add the rice and reduce the heat to low. Stir well to coat the grains of rice in the butter, for about 2 minutes. Add the wine to the rice and turn the heat up to medium. Cook, stirring the rice continuously, until all the liquid has been absorbed (about 5 minutes). Add 1/2 the warmed chicken stock slowly, stirring continuously so the rice cooks evenly. Continue stirring and cooking over medium heat until most of the liquid is absorbed, then repeat with second half of stock. Continue stirring until liquid is absorbed again and the rice is al dente and the risotto has a nice creamy texture. This will take around 20 minutes of cook/stir time. Remove from heat as soon as the rice is soft and completely cooked. Stir in the parmesan cheese, top with cooked pumpkin sausage, and serve.

2022 Thanksgiving Turkey Reservations

<https://pendulummeats.square.site/product/thanksgiving-turkey-deposit-all-pickups-will-take-place-november-19-23-2022-/189?cs=true&cst=custom>

All Natural Turkeys (7.99 lb.):

These birds are available in the 10-15 lb. range and the 15-22 lb. range. Our Naked Turkeys are different from the mass-produced, factory-farmed turkeys found in most supermarkets today. These all-natural birds are grown on small family farms in North Carolina for superior culinary attributes and a high quality eating experience.

Heritage Turkeys (12.99 lb.):

Our Heritage Black Turkey is a heritage breed, admitted to APA standard in 1874. It is one of the first to be developed from Native American stocks. In fact, it is believed to be the same breed the Pilgrims feasted on during their first Thanksgiving. This breed is well-suited for foraging, and they raise these special birds on pasture, on a small family farm in North Carolina. They are processed by hand, and like all of our Heritage birds, they are air chilled to preserve flavor, tenderness, and perfect texture. We are only allotted 20 of these special birds. They come in varying sizes and we never know until we get them. Generally they are in the 10-18 lb range.