



THE PENDULUM

OCTOBER 26-29, 2022



"If life were predictable it would cease to be life, and be without flavor." -Eleanor Roosevelt

What's in the Box?

- **Pork Loin**
- **Top Sirloin**
- **Ground Beef**
- **Mild Italian Sausage**

Crusted Pork Roast with Root Vegetables

Ingredients:

Pork Loin Roast

4 teaspoons honey

1 tablespoon molasses

1-1.5 tps. spicy mustard

2 tps. Rubbed sage

1 tsp. Dried thyme

1 tsp. Dried rosemary, crushed

1/2 cup breadcrumbs

2 tbsps. Grated Parmesan cheese

1 large rutabaga, peeled and cubed

1 large sweet potato, peeled and cubed

4 carrots, peeled and sliced

1 large onion cut into wedges

2 tbsps. Canola oil

1/2 tsp. Salt

1/4 tsp. Pepper

Instructions:

Preheat oven to 350°. Place roast on a rack in a shallow roasting pan coated with cooking spray. In a small bowl, mix honey, molasses and mustard; brush over roast. In a large bowl, mix sage, thyme and rosemary. In a small bowl, toss bread crumbs with Parmesan cheese and 2 teaspoons of the herb mixture; press onto roast. Add vegetables, oil, salt and pepper to remaining herb mixture; toss to coat. Arrange vegetables around roast. Roast 1 to 1-1/2 hours or until a thermometer reads 145°. Remove from pan; let stand 10 minutes before slicing. Serve with vegetables.



Tortellini Soup

Ingredients

1 lb. ground Italian Sausage
1 medium onion finely chopped
3 cloves garlic minced
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon dried parsley
½ teaspoon dried thyme
2 pinches red pepper flakes
2 cups beef broth
1 1/2 tablespoons tomato paste
1 (14.5 ounce) can fire roasted tomatoes
4 cups vegetable broth or low sodium chicken broth
10 ounces refrigerated tortellini
3 cups arugula (or spinach)
Grated Parmesan Cheese
Fresh thyme (optional)
Fresh basil (optional)



Instructions

Brown the Italian Sausage in a Dutch Oven or stockpot over medium heat. When it is almost fully browned add the onion and cook until the sausage is done browning and the onion has softened. Turn the heat to low and add the garlic, basil, oregano, parsley, thyme and red pepper flakes; cook for 1 minute stirring constantly.

In a small bowl whisk the tomato paste with about 1/2 cup beef broth. Add the vegetable broth, remaining beef broth, fire roasted tomatoes and thinned out tomato paste. Increase the heat to medium and bring it to a low boil. Reduce the heat to a simmer.

Add the cheese tortellini and simmer for 10-15 minutes or until the tortellini are cooked to your desired tenderness. Remove the pan from the heat and stir in the arugula. Add salt and pepper to taste. Sprinkle each bowl with 1-2 tablespoon freshly grated Parmesan cheese. If desired garnish with fresh thyme or fresh basil.

2022 Thanksgiving Turkey Reservations

Only 10-15 lb turkeys left! 15-20 and heritage birds are sold out.

<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.