



THE PENDULUM

DECEMBER 7-10, 2022



*"Blessed is the season which engages the whole world in a conspiracy of love."
-Hamilton Wright Mabie*

What's in the Box?

- **Ground Beef**
- **Ground Pork**
- **Chicken Banh Mi Sausage**
- **Pizza Kit**

PIZZA KIT



Pendulum's Pizza Kit includes pizza dough, sauce, fresh mozzarella, and pepperoni. Our pizza dough, sauce, and mozzarella are all made in house.

First, you'll need to preheat the oven to 525° —or as hot as it'll go. Stretch the dough out, working it into a flattened round. Then, set a 9-12" cast-iron pan over a burner set to medium-high. You want to preheat the pan so it's hot but not smoking (just watch your hands—and don't grab the handle!). Although any size pan is really fine, keep in mind that the smaller the pan, the thicker the crust will be. If deep dish-style pizza is your jam, go for the 9". If you want a crispier crust, use a larger pan. Sprinkle the hot pan with cornmeal and flour, and set the dough snugly in the pan (again, watch your fingers). Pull the sides of the dough up the sides of the pan so it doesn't slump back down, being sure to distribute the dough evenly for no thin patches. Brush the top of the dough with olive oil and let it start cooking over the burner. Once the dough starts to bubble, season with salt and pepper and add marinara sauce. Spread the marinara over the dough, and don't worry about leaving too much space for a crust. Top with mozzarella cheese and pepperoni. Slide that pizza into the oven and let it bake for 10-15 minutes until the cheese is melted, bubbling, and golden. Let it rest a few minutes and slice.

Old World Italian Meatballs

Ingredients:

1/3 cup plain bread crumbs
1/2 cup milk
2 tablespoons olive oil
1 onion, diced
1.5 pound ground beef
1.5 pound ground pork
2 eggs
3 tablespoons grated Parmesan cheese
1/3 bunch fresh parsley, chopped
4 cloves garlic, crushed
2.5 teaspoons salt
1.5 teaspoon ground black pepper
1.5 teaspoon dried Italian herb seasoning
1/2 teaspoon red pepper flakes



Instructions:

Cover a baking sheet with foil and spray lightly with cooking spray. Soak bread crumbs in milk in a small bowl for 20 minutes. Meanwhile, heat olive oil in a skillet over medium heat. Add onion; cook and stir until onion has softened and turned translucent, about 5 minutes. Reduce heat to low and continue cooking and stirring until onion is very tender, about 15 minutes more. Gently stir beef and pork together in a large bowl. Add onions, bread crumb mixture, eggs, Parmesan cheese, parsley, garlic, salt, black pepper, Italian herb seasoning, and red pepper flakes; mix together using a rubber spatula until combined. Cover and refrigerate for about one hour. Preheat the oven to 425 degrees F. Form mixture into balls about 1.5 inches in diameter; arrange in a single layer on the prepared baking sheet. Bake in the preheated oven until browned and cooked through, 15 to 20 minutes.

Don't forget to email your holiday orders to
dana@pendulummeats.com!