



THE PENDULUM

NOVEMBER 9-12, 2022



"Folks are usually about as happy as they make their minds up to be." -Abraham Lincoln

What's in the Box?

- **Coulotte Steaks**
- **Garlic and Herb Chicken Sausage**
- **Ground Pork**
- **Chicken Breast**

Coulotte or Picanha

Also known as the sirloin cap, this flavorful cut is so versatile. Coulotte is a lean steak that comes from this hindquarter section of the cow, specifically between the loin and the round. Often a couple of inches thick, Coulotte is usually identified by the thin layer of fat that covers one side of the cut. The fat layer gives coulotte much of its flavoring as there is little marbling inherent in this cut. Most people are first introduced to the top sirloin cap by its Brazilian name, picanha, which is the specialty of Brazilian churrascarias — steakhouses that grill and slice the steak off a skewer.



Pasta with Chicken Sausage

Ingredients

12 oz. Pasta
1 lb. Garlic and herb chicken sausage
1 tablespoon butter
1 garlic clove, minced
24 oz. Marinara sauce
1/2 cup milk
1/4 cup heavy cream
2 cups frozen peas
1 teaspoon red pepper flakes
Salt and pepper
1/2 cup Parmesan cheese



Instructions

Cook pasta and set aside. In a large skillet, cook chicken sausage over medium heat until fully cooked and set aside. Add butter and garlic to the pan and sauté for one minute. Then reduce heat to medium low and add the marinara, milk, cream, peas, and red pepper flakes. Taste and add salt and pepper as needed. Bring mixture to a low simmer for 2-3 minutes, or until the peas are cooked. Slice chicken sausage and add to sauce. Add the pasta and stir to combine. Garnish with Parmesan cheese.

Ginger and Pork Rice Bowls

Ingredients:

6 green onions chopped, divided
3 Tbsp soy sauce
2 tsp packed light brown sugar
1 tsp crushed red pepper flakes
1 Tbsp olive oil
1 clove garlic minced
1 Tbsp ginger paste
1 lb ground pork
2 cups white rice cooked
1 medium cucumber diced
1/2 cup fresh cilantro chopped

Instructions:

In a medium bowl, add half of the green onions, soy sauce, brown sugar and crushed red pepper flakes. Stir to combine. In a medium skillet, over medium-high heat, add olive oil, garlic and ginger paste. Stir to combine and cook until fragrant; about 1 minute. Add pork, breaking apart slightly and pressing flat into pan. Cook until browned on bottom; about 4-5 minutes, without stirring. Break apart and stir in soy sauce mixture. Continue cooking, stirring and breaking apart occasionally, until pork is done; about 4-5 more minutes. Stir in remaining green onions and remove from heat. Serve over rice topped with cilantro and cucumbers.

