



THE PENDULUM

JANUARY 18-21, 2023



What's in the Box?

- **Pork Stew Meat**
- **Ground Beef**
- **Chicken Thighs**
- **Chicken Luau Sausage**

"Adapt what is useful, reject what is useless, and add what is specifically your own." -Bruce Lee

Honey Garlic Chicken Thighs

Ingredients:

Bone In, Skin On Chicken Thighs
 ½ cup all-purpose flour
 1 teaspoon dried oregano
 ½ teaspoon salt, or to taste
 ¼ teaspoon ground black pepper
 ⅓ cup honey
 ½ cup soy sauce
 4 to 6 cloves garlic, minced
 3 tablespoon chopped fresh parsley
 1 tablespoon sesame seed oil
 1 teaspoon rice vinegar
 ½ teaspoon hot sauce
 Toasted Sesame Seeds, for garnish

Instructions:

Preheat oven to 400°F. Lightly grease a 9×13 baking dish with cooking spray; set aside. Pat dry the chicken thighs with paper towels. In a shallow plate combine the flour, oregano, salt, and pepper; mix to combine. Coat each chicken thigh in the flour mixture, then transfer to the baking dish in one single layer. Set aside. In a small mixing bowl whisk together the honey, soy sauce, garlic, parsley, sesame seed oil, rice vinegar, and hot sauce. Pour over the chicken thighs and coat them evenly with the honey garlic sauce. Flip them over to coat on both sides. Bake, uncovered, for 30 to 35 minutes, or until done. Chicken is cooked through when internal temperature registers at 165°F. Remove from oven; transfer to a serving plate and let stand for 5 to 8 minutes. Garnish with sesame seeds and serve.



Pork Chile Verde

Ingredients

1.5 lbs. pork stew meat
1 tbsp ground cumin
1 tsp salt
1 tsp black pepper
2 tbsp vegetable oil
1.5 lbs. tomatillos
6 green chiles
2 jalapeños
2 Serrano chiles
1 large onion
5 garlic cloves
1 bunch cilantro about 2 cups



Instructions

Season the pork all over with cumin, salt and pepper. Set aside. Peel the outer skins off the tomatillos, onion and garlic. Cut the stems off the peppers and slice in half lengthwise. Cut the onion in half. In the Dutch oven or large stock pot bring 6 cups of water to a boil. Add the tomatillos, chiles and onion. Cook for 8 minutes. Carefully remove with a slotted spoon and place all the peppers, tomatillos, onion, garlic and cilantro in a food processor or blender, and process until smooth. Reserve 1 cup, set aside. In a large skillet or Dutch oven over medium high heat add the oil. When oil shimmers, add the pork and, working in batches so they brown and not steam, cook on all sides. Add all the cooked pork back to the Dutch oven and pour the pureed tomatillo green pepper sauce over and mix together completely to incorporate. Bring to a quick boil, close the lid and cook on low for 3 hours or until fork tender, stirring occasionally. After 3 hours, stir in remaining 1 cup cilantro infused chile verde puree. Serve hot with warmed tortillas, rice, and beans.

Sausages in the case this week!

Hot Italian
Cuban Linx
Garlic & Thyme
Chicken Luau

We will be picking up hogs and a cow on Tuesday, January 17th.
Please email any add on orders to dana@pendulummeats.com
to reserve your special cuts.