



THE PENDULUM

MARCH 1-4, 2023



"You don't have to be famous. You just have to make your mother and father proud of you." -Meryl Streep

What's in the Box?

- **Beef Stir Fry Meat**
- **Chicken Thighs**
- **Ground Pork**
- **Chicken Banh Mi Sausage**

Pork Picadillo

Ingredients:

2 tbsp. extra-virgin olive oil
 2 medium onions, finely chopped
 1 medium green bell pepper, finely chopped
 4 cloves garlic, minced
 1 lb. ground pork
 2 tsp. ground cumin
 1.5 tsp. dried oregano
 1 tsp. ground cinnamon
 3/4 tsp. Kosher salt
 1/4 tsp. Ground allspice
 Black Pepper, to taste
 1 28-ounce can diced tomatoes, drained, 1/4 cup juice reserved
 2 bay leaves
 1/2 cup raisins
 1/3 cup pimiento-stuffed green olives, chopped
 1 tips. red wine vinegar

Instructions:

Heat oil in a large skillet over medium heat. Add onions and bell pepper; cook, stirring occasionally, until soft but not brown, about 8 minutes. Stir in garlic and cook for 30 seconds. Add pork; cook, breaking up the meat with a wooden spoon, until no longer pink, 5 to 7 minutes.

Stir in cumin, oregano, cinnamon, salt, allspice and pepper, then add tomatoes, their reserved juice and bay leaves. Reduce heat to maintain a simmer, cover and cook for 25 minutes.

Stir in raisins, olives and vinegar; cover and simmer for 10 minutes more. Serve over rice.



Pepper Steak

Ingredients:

- 1 tablespoon vegetable oil, divided
- 1 red bell pepper cored, seeded and cut into strips
- 1 green bell pepper cored, seeded and cut into strips
- 1 1/2 pounds beef stir fry meat
- 2 teaspoons minced garlic
- 1 teaspoon minced ginger
- Salt and pepper to taste
- 1/4 cup soy sauce
- 1 1/2 tablespoons sugar
- 1 1/2 tablespoons cornstarch



Instructions:

Heat 1 teaspoon of the vegetable oil over medium high heat in a large pan. Add the peppers and cook for 3-4 minutes or until just tender. Remove the peppers from the pan and place on a plate. Add the remaining oil to the pan. Season the stir fry meat with salt and pepper to taste. Increase heat to high. Add the beef to the pan and cook for 5-6 minutes or until lightly browned. Add the garlic and ginger, then cook for 30 seconds. Place the peppers back in the pan with the stir fry meat. In a small bowl, whisk together the soy sauce, sugar, 1/4 cup water and cornstarch. Pour the sauce over the mixture and bring to a simmer. Cook for 2-3 minutes or until sauce has just thickened, then serve.



Our chicken banh mi sausage is made with carrots, daikon radish, cilantro, garlic, Hoisin sauce, and Sriracha. These are perfect for making lettuce wraps or fried rice. This one is definitely a fan favorite.