



THE PENDULUM

MARCH 15-18, 2023



"If you want to lift yourself up, lift someone else up."
-Booker T. Washington

What's in the Box?

- **Pork Carnitas**
- **Chicken Breast**
- **Ground Beef**
- **Smoked Beef, Jalapeño, and Cheddar Sausage**

Ingredients:

1 lb. Chicken breast
1 ½ tsp salt, divided
1/4 tsp pepper
1/2 cup flour for dredging
5 tbsp butter, cubed, divided
4 tbsp olive oil, divided
1/2 shallot, minced
1/2 tbsp garlic, minced
1 1/2 cups chicken stock
1/2 lemon juiced
1 tsp lemon zest
2 tbsp capers, drained
Parsley, for garnish

Chicken Piccata

Instructions:

Season the chicken with 2 teaspoons salt and pepper on both sides. Place the flour on a plate. Dredge the chicken in the flour and shake off any excess. Discard the flour when finished dredging. Heat 3 tablespoons butter and 2 tablespoons oil in a large skillet set over medium-high until the butter has melted. Working in batches, taking care not to crowd the pan, add ½ the chicken and sauté until golden brown, about 2 ½ - 3 minutes per side, until cooked through. Set the chicken aside on a plate when they finish cooking. Add 3 more tablespoons of butter and 2 more tablespoons of olive oil and finish cooking the 2nd batch of chicken. Add the shallot to the pan drippings and sauté until soft and fragrant, about 1 minute. Add garlic and sauté for 1 minute longer. Add the stock and simmer until reduced by half, about 4-5 minutes. Reduce heat to low, then stir in the remaining 4 tablespoons butter, capers, lemon juice, and zest to taste. Season with remaining ½ teaspoon of salt. Garnish with parsley.



Beef Kofte With Kale and Chickpea Salad

Ingredients:

- 1 lemon
- 1 lb. ground beef
- 2 cloves garlic, finely chopped
- 1 1/2 tsp. ground cumin
- 1 1/2 tsp. ground coriander
- Kosher salt and pepper
- 3 tbsp. olive oil, divided
- 1/2 tsp. dried oregano
- 1 small red onion, thinly sliced
- 1 15-oz can chickpeas, rinsed
- 4 c. baby kale
- 1 pt. cherry tomatoes, halved if large



Instructions:

Finely grate zest of lemon and squeeze 3 tablespoons juice. In a large bowl, combine beef, garlic, cumin, coriander, lemon zest, 1 tablespoon lemon juice and 1/2 teaspoon each salt and pepper. Form mixture into 12 flat ovals.

Heat 1 tablespoon oil in a large skillet and cook kofte until browned, 90 seconds per side. In another large bowl, whisk oregano with remaining 2 tablespoons oil and remaining 2 tablespoons lemon juice. Add onion and chickpeas and toss to combine. Let sit 5 minutes, then toss with kale and tomatoes. Serve with kofte.



New Sausage Alert!!!!

Our CSA family is the first to try our new smoked beef, cheddar, and jalapeño sausage. This smoked beef sausage is made with cheddar, jalapeños, salt, pepper, garlic, nutmeg, onion powder, and beer. Perfect grilled and served on a roll.