



THE PENDULUM

APRIL 12-15, 2023



What's in the Box?

- **Country Style Pork Ribs**
- **Ground Beef**
- **Beef Kabob Meat**
- **Dealer's Choice Sausage**

"The journey of a thousand miles begins with one step."
-Lao Tzu

Korean Beef Bowl

Ingredients:

1/4 cup brown sugar, loosely packed
 1/4 cup soy sauce
 1 tbsp. sesame oil
 1/2 tsp. crushed red pepper flakes
 1/4 tsp. ground ginger
 1 tbsp. vegetable oil
 3 cloves of garlic, minced
 1 pound ground beef
 2 green onions, thinly sliced
 Rice

Instructions:

In a small bowl, whisk together brown sugar, soy sauce, sesame oil, red pepper flakes, and ginger. Heat vegetable oil in a large skillet over medium high heat. Add garlic and cook until fragrant, about 1 minute. Add ground beef and cook. Drain excess fat. Stir in soy sauce mixture and green onions until well combined, allowing to simmer until heated through. Serve immediately over rice.

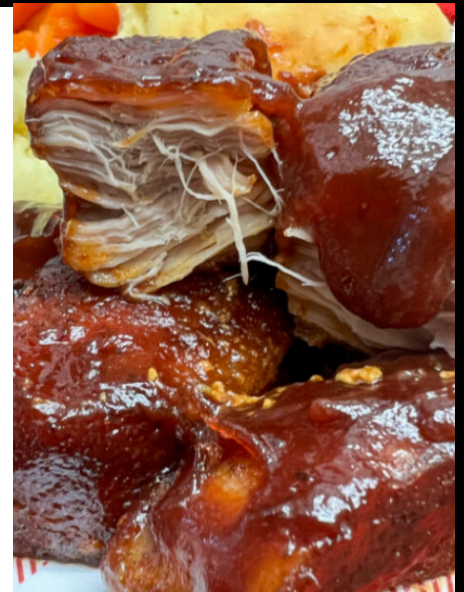


Country Style Ribs

Country-style ribs are a bit misleading because they aren't really ribs at all! This cut actually comes from the shoulder (or butt) of the pig and has a lot more meat than traditional ribs.

Ingredients

- 1 tbsp. seasoned salt
- 1/2 tbsp. ground black pepper
- 1/2 tsp. cayenne pepper
- Country-style pork ribs
- 1 cup barbecue sauce, plus more for serving



Instructions

Preheat the oven to 275°. Stir together the salt, black pepper, and cayenne in a small bowl. Season ribs all over with the spice mixture. Line two large rimmed baking sheets with aluminum foil. Arrange the ribs in a single layer on baking sheets. Cover the ribs tightly with foil and bake 2 to 2 1/2 hours or until tender. Carefully uncover the ribs, and drain any liquid from the baking sheet.

Brush both sides of ribs evenly with 1 cup of barbecue sauce. Return to the oven and bake until ribs are fall-apart tender, about 15 to 30 minutes. Serve ribs with additional barbecue sauce.

If you would like to add a pint of our house made ancho Chile bbq sauce to your CSA this week, please email dana@pendulummeats.com and we will put one aside for you.