



THE PENDULUM

JUNE 7-10, 2023



*“Act as if what you do makes a difference.
It does.” -William James*

What's in the Box?

- **NY Strip Steak**
- **Ground Chicken**
- **Lamb Merguez Sausage**

NY Strips

Preheat oven to 400 degrees. Preheat cast iron skillet over high heat until lightly smoking. Pat meat dry with paper towels. Season with salt. Swirl beef tallow or vegetable oil in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black. Put skillet in the oven for 5-7 minutes. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minutes. It is excellent topped with compound butter. Here is one of my favorite recipes for Garlic and Herb Compound Butter:

- 1 stick butter ½ cup, softened
- 1 ½ teaspoons lemon juice
- ½ teaspoon salt or to taste
- 1 clove garlic minced
- 3 tablespoons fresh parsley chopped
- 1 ½ tablespoons fresh chopped herbs basil, oregano, rosemary etc
- ¼ teaspoon black pepper

Instructions

1. Combine all ingredients in a bowl and mix until well combined.
2. Place on a piece of plastic wrap and roll into a log. Twist ends to seal well.
3. Refrigerate at least 1 hour.
4. Slice into rounds and enjoy on steaks, vegetables or bread.

Lamb Merguez Sausage

This lamb sausage is made with salt, sugar, red pepper flakes, garlic, black pepper, paprika, oregano, roasted red pepper, and red wine.

It is perfect grilled or roasted and served with rice or potatoes and grilled vegetables.



Orange Chicken

Ingredients:

- 1 pound ground chicken
- 1 tablespoons ginger root, minced
- 2 teaspoons garlic, minced
- 1/4 tsp hot red chili pepper, crushed
- 1 tablespoon rice wine
- 2 tablespoons water
- 1/2 teaspoon sesame oil
- 4 teaspoons soy sauce
- 5 tablespoons sugar
- 5 tablespoons white vinegar
- Zest of 1/2 orange
- 1 tablespoon water
- 1 tablespoon cornstarch

Instructions:

To make the sauce combine the rice wine, 2 tablespoons water, sesame oil, soy sauce, sugar, white vinegar, and orange zest. To make the cornstarch mixture, dissolve 1 tablespoon cornstarch in the remaining 1 tablespoon of water and set aside. To a large pan add 1 tablespoon oil and ground chicken. Cook until a good crust forms before breaking apart, then finish cooking by breaking it apart with a spatula and cooking for an additional 2-3 minutes. Once the chicken is cooked add the ginger, garlic and crushed red pepper and cook for about 10 seconds. Add the orange sauce and bring to boil. Add the cornstarch mixture to the pan and cook for just a few seconds, stirring until it thickens. Serve over rice with steamed broccoli.

