



# THE PENDULUM

MAY 10-13, 2023



*"If you don't like the road you're walking, start paving another one." —Dolly Parton*

## What's in the Box?

- **Ground Pork**
- **Boneless Pork Chops**
- **Philly cheesesteak Sausage**
- **Pizza Kit**

## PIZZA KIT



Pendulum's Pizza Kit includes pizza dough, sauce, fresh mozzarella, and pepperoni. Our pizza dough, sauce, and mozzarella are all made in house.

First, you'll need to preheat the oven to 525° —or as hot as it'll go. Stretch the dough out, working it into a flattened round. Then, set a 9-12" cast-iron pan over a burner set to medium-high. You want to preheat the pan so it's hot but not smoking (just watch your hands—and don't grab the handle!). Although any size pan is really fine, keep in mind that the smaller the pan, the thicker the crust will be. If deep dish-style pizza is your jam, go for the 9". If you want a crispier crust, use a larger pan. Sprinkle the hot pan with cornmeal and flour, and set the dough snugly in the pan (again, watch your fingers). Pull the sides of the dough up the sides of the pan so it doesn't slump back down, being sure to distribute the dough evenly for no thin patches. Brush the top of the dough with olive oil and let it start cooking over the burner. Once the dough starts to bubble, season with salt and pepper and add marinara sauce. Spread the marinara over the dough, and don't worry about leaving too much space for a crust. Top with mozzarella cheese and pepperoni. Slide that pizza into the oven and let it bake for 10-15 minutes until the cheese is melted, bubbling, and golden. Let it rest a few minutes and slice.

# ***Boneless Pork Chops in Creamy Garlic Spinach Sauce***

## **Ingredients**

Boneless pork chops  
Salt and fresh cracked pepper  
1 teaspoon paprika  
2 teaspoons olive oil  
2 tablespoons butter  
6 cloves garlic, finely minced  
1 small yellow onion, minced  
1/3 cup chicken stock  
1 3/4 cups half and half or heavy cream  
3 cups baby spinach  
1 teaspoon Italian seasoning  
1 teaspoon crushed red pepper flakes, optional  
1/4 cup fresh grated Parmesan cheese, optional  
Fresh chopped parsley



## **Instructions**

Heat the oil in a large skillet over medium-high heat. Season the pork chops with paprika, salt and pepper on both sides, and sear in the hot pan for 3-5 minutes on each side depending on the thickness, or until cooked to your liking. Once done, remove pork chops from the pan and set aside. Melt butter in the remaining cooking juices in the same pan. Add garlic, onion, Italian seasoning, and red crushed chili pepper and stir-fry until fragrant, about one minute. Add in the chicken stock, and allow to reduce a little. Reduce heat to low heat, add the half and half (or heavy cream), and bring the creamy sauce to a gentle simmer. Adjust seasoning with salt and pepper. Add the spinach leaves and allow to wilt in the sauce, and stir in the parmesan cheese (if using). Allow sauce to simmer for a further minute until cheese melts through the sauce. Transfer the pork chops back into the pan to reheat; sprinkle with the parsley, and spoon the sauce over each pork chop.