



THE PENDULUM

MAY 24-27, 2023



What's in the Box?

The Memorial Day Grilling Box

- **Ground Beef**
- **Hot Dogs**
- **Chicken Breast**
- **Edward's Bacon**

"Our nation owes a debt to its fallen heroes that we can never fully repay." —Barack Obama

Bacon Wrapped Chicken Breast

Ingredients:

2 boneless, skinless chicken breasts
 4 slices of bacon
 1/8 cup brown sugar
 1 tsp. Smoked paprika
 1/2 tsp. Garlic powder
 1/4 tsp. Onion powder
 1/4 tsp. Salt
 1/4 tsp. Pepper
 1/2 tbsp. Chopped parsley, if desired

Instructions:

Preheat the oven to 375 degrees Fahrenheit. In a small bowl, mix together the brown sugar, smoked paprika, garlic powder, onion powder, salt and pepper. Rub half the spice mixture all over the chicken breasts. Wrap each chicken breast in 2 slices of bacon. Place the chicken, seam side down, in a baking pan or oven safe skillet. Sprinkle the remaining brown sugar mixture over the top of the chicken. Bake for 25-30 minutes or until bacon is crisp and chicken is cooked through, basting with the pan drippings. Sprinkle with parsley, if desired, and serve.



The Not So Simple House Made Hot Dog



As a staple of American cuisine, it's often surprising to hear just how much goes into making a single batch of hot dogs! At Pendulum the process begins when we get our whole cows from North Carolina and break them down in-house, removing the bottom round and setting it aside. We use the bottom round because it is very lean, and in the process it is critical to control the fat content that is added.

The bottom round generally weighs around four and a half pounds, and once it has been removed and trimmed up, it goes into the meat grinder with a special curing salt mix! We then put it through an even finer grinder, placing the results in a walk-in fridge to cure. Next we grind three pounds of beef fat in the same way, chilling both the meat and the fat separately.

After both have chilled appropriately, we put the lean meat into a high speed chopper with two pounds of ice and the hot dog seasoning mix we make in the shop. The high speed chopper turns the mixture, chopping it continuously until it reaches 40 degrees F, at which point we add the fat and continue to chop it until it reaches 45 degrees. Finally, we add a bit of milk powder and continue chopping until it gets to the very specific temperature of 57 degrees F. Any warmer and the fat and meat will break emulsion, but too much colder and the proteins in the milk powder will not bond properly. The high speed chopper we use is a commercial machine, but can still only hold about 10 pounds of product, meaning that after about 2 hours of very loud grinding will only get us ten pounds of hot dogs! We sell that in a single morning over the summer!

Next the mixture is stuffed into a natural sheep casing and hung on smoke sticks overnight to dry and to form a pellicle, which is a thin membrane which will prevent the smoke from penetrating too deeply into the hot dog. The next morning they go into the smoker for about two hours, take a poach in water until cooked and finally iced down before they are ready to sell!

[Sausages in the Case for Memorial Day](#)

Mild Italian

Smoked Carolina BBQ

Baconwurst

Chicken Philly cheesesteak