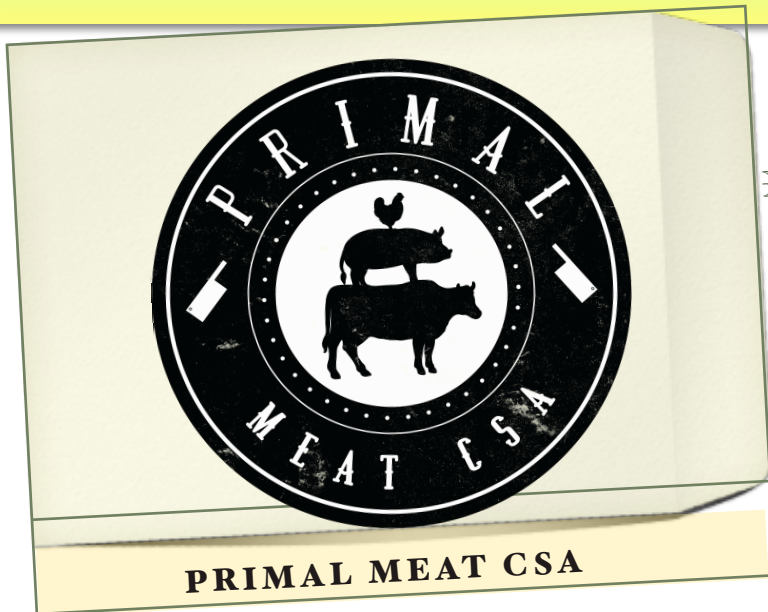




THE PENDULUM

JULY 5-8, 2023



"The healthiest response to life is joy."
-Deepak Chopra

What's in the Box?

- **London Broil**
- **Pendulum City Ham**
- **Ground Pork**
- **Buffalo Chicken Sausage**

Thai Pork Salad (Nam Sod)

Ingredients:

Dressing

- 1/4 cup fresh lime juice
- 1 tbsp. Fish sauce
- 1.5 tbsp. grated ginger
- 1/2 tbsp. Chili garlic sauce

Salad

- 1 lb. Ground pork
- 1 clove garlic
- 1/2 tbsp. canola oil
- 1/2 red onion
- 1 carrot
- 1/4 bunch cilantro
- 1/2 cup unsalted peanuts
- 4 cups cooked rice (optional)

Instructions:

Make the dressing first to allow the flavors time to blend. In a small bowl combine the fresh lime juice, fish sauce, fresh grated ginger, and chili garlic sauce. Stir to combine, taste, and adjust the fish sauce, chili garlic sauce, or ginger to your liking. The dressing should be very potent. Add the ground pork to a large non-stick skillet along with 1/2 Tbsp canola oil and one minced clove of garlic. Cook the pork over medium heat, breaking it up into small pieces as it cooks, until it is cooked through (about five minutes). Drain off any excess fat and allow the pork to cool a few minutes, or until it is no longer hot. While the pork is cooking, peel and shred the carrot using a large holed cheese grater or mandolin. Slice the red onion into very thin strips. Pull the cilantro leaves from the stems. Transfer the cooled pork to a bowl, add the prepared dressing, and stir to combine. Add the shredded carrot, sliced red onion, cilantro, and peanuts. Stir to combine again. Serve the salad over a bed of cooked rice, shredded greens, or fill large lettuce leaves with the mixture for lettuce wraps.



Grilled Marinated London Broil

Ingredients:

For the Marinade

3/4 cup soy sauce

2 tbsp. Balsamic vinegar

2 tbsp. Worcestershire sauce

2 tbsp. Olive oil

1 tbsp. Fresh lemon juice

2 tsps. Minced garlic

1 tsp. Minced fresh ginger

2 tsps. Brown sugar



Instructions:

In a large bowl, whisk together all of the marinade ingredients until completely combined. Pour marinade into a large zip-top plastic bag. Add London Broil to the bag, squeeze out all of the air, and seal the bag. Toss gently to coat the London Broil with the marinade. Place in refrigerator to marinate for about 4 hours (or up to 2 days), tossing occasionally to redistribute marinade. Remove meat from the marinade, discard the marinade, and pat the meat dry.

Allow the meat to sit on the counter for about 30 minutes to come to room temperature. Remove meat from marinade and grill the meat for about 4 minutes per side over direct heat, then move to indirect heat until the meat reaches 125-130°F for rare, 135°F for medium-rare, or 145°F for medium. Transfer meat to a cutting board and let stand 10 minutes. Cut meat diagonally across the grain into thin slices.

New Class Dates Released!

To see the updated class schedule or to register for a class, [click here](#).