



THE PENDULUM

JUNE 21-24, 2023



*"If you can't change your fate,
change your attitude." -Amy Tan*

What's in the Box?

- **Denver Steak**
- **Whole Chicken**
- **Baconwurst Sausage**

The Denver Steak

From American Made Grills

Denver steak is a unique cut of meat that comes from the chuck roll of the cow. It's known for its rich flavor and tender texture, and it's quickly becoming one of the most popular cuts of beef on the market. The chuck beef primal is a muscular section starting with the shoulder blade and ending with the ribs and backbone. This part of the cow is known for tough meat cuts and lots of connected tissue, frequently used in ground beef and stew meat. However, the Denver steak is an exception since its specific location is less used by the animal resulting in significantly more marbling and flavorful than the rest of the shoulder area.



Requiring a bit more effort in the butchering process, Denver steak is cut from this muscle, and it's trimmed off any fat or connective tissue. This location makes it a leaner cut of meat, but it's still packed with flavor. Denver steak is an excellent choice if you're looking for a delicious, deep meaty flavor and slightly healthier steak option than a ribeye. It's perfect for grilling, pan-frying, or oven roasting. You can add your favorite herbs and spices to bring out the flavor of this terrific cut of meat.

Baconwurst Sausage

This pork sausage is our housemate bratwurst we just add bacon and grind with the pork, and then we add beer. Not sure how to improve on this one.



Crockpot Chicken

As we move toward those hot summer days, I love a meal that doesn't heat my entire house up. This is one of my favorites because I can make chicken salad with the leftovers for dinner the next day.

Ingredients:

Whole Chicken
Cooking Spray
1 tbsp. Brown sugar
2 tsps. Salt
1 tsp. Pepper
1/2 tsp. Garlic powder
1/2 tsp. Onion powder
1 tbsp. Paprika



Instructions:

In a small bowl, mix together the brown sugar, salt, pepper, garlic powder, onion powder and smoked paprika. Coat a large slow cooker with cooking spray. Roll a piece heavy duty aluminum foil into a ring shape to fit into the slow cooker as a rack. Place the chicken on top of the foil ring. Rub the spice mixture all over the chicken. Cover and cook on HIGH for 3-4 hours or until thermometer inserted into the thickest part of the thigh registers at 165 degrees or higher. Transfer the chicken to a sheet pan or baking dish and broil in the oven for 4-5 minutes or until chicken skin is brown and crispy. Serve.