



THE PENDULUM

AUGUST 2-5, 2023



What's in the Box?

- **Flank Steak**
- **Ground Chicken**
- **Luau Sausage**

"It is amazing what you can accomplish if you do not care who gets the credit." -Harry Truman

Luau Sausage

Our luau sausage is made with pork, salt, pepper, brown sugar, ancho chiles, garlic, ginger, pineapple, teriyaki sauce, and tomato paste. This sausage is perfect grilled on a roll, but also has more uses. We take this out of the casing and cook up with onions, mushrooms, carrots, peas, and an egg to make fried rice. Add rice to the hot skillet after cooking the sausage and vegetables, add a bit of soy sauce and garnish with chopped scallions. This works better with day old rice. This is a weekly staple on our dinner menu with many of our sausages; banh mi, luau, char siu, and Korean bbq.



Rosemary Flank Steak with Arugula Salad

From Food Network



Ingredients:

1/4 cup plus 1 tablespoon extra-virgin olive oil, plus more for brushing
3 cloves garlic, grated
1 tablespoon chopped fresh rosemary, plus 1 small sprig (Feel free to cut some from outside the shop when you pickup)
1 small flank steak (1- 1 1/2 pounds), halved lengthwise
1 15-ounce can cannellini beans (do not drain)
Kosher salt and freshly ground pepper
1/2 red onion, thinly sliced
Juice of 1 lemon
1 5-ounce package baby arugula (about 8 cups)
2 tablespoons chopped fresh parsley
2 ounces parmesan cheese, shaved with a vegetable peeler

Instructions:

Combine 2 tablespoons olive oil, 2 grated garlic cloves and the chopped rosemary in a small bowl. Pierce the steak all over with a fork; rub with the garlic oil. Let marinate 10 minutes.

Meanwhile, heat 1 tablespoon olive oil in a medium saucepan over medium-high heat. Add the remaining 1 grated garlic clove and cook, stirring occasionally, until softened, about 30 seconds. Add the beans and their liquid, the rosemary sprig and 1/2 cup water. Bring to a boil, then reduce the heat to a simmer and cook, stirring occasionally, until slightly thickened, about 5 minutes. Season with salt and pepper. Cover and set aside to keep warm.

Meanwhile, toss the red onion and lemon juice in a large bowl; set aside. Heat a grill pan over medium-high heat; brush with olive oil. Season the steak with salt and pepper and grill until marked and cooked through, 5 minutes per side. Transfer to a cutting board.

Add the arugula and the remaining 2 tablespoons olive oil to the bowl with the onion; season with salt and pepper and toss. Discard the rosemary sprig from the beans and stir in the parsley; thin with water if needed. Slice the steak against the grain and serve with the beans. Top each serving with the arugula salad and parmesan.