



THE PENDULUM

SEPTEMBER 13-16, 2023



What's in the Box?

The Oktoberfest Box

- **Pork Cutlets**
- **Bratwurst**
- **Sausage**
- **Bottom Round**
- **Roast**
- **Ground Beef**

Prost! Translation: Cheers! Toss on an "Ein Toast!" at the end to encourage a celebratory "bottoms up!"

Bratwurst History

The exact origins of the bratwurst are still not entirely known, though most believe it to have originated in Germany several hundred years ago. It has been a longstanding argument between the people of Thüringen and the people of Franconia, two German regions, as to which region developed the bratwurst first. Recently, a hobby historian, Heinrich Hollerl, discovered a list of ingredients for Thuringian sausage over 600 years old. It is currently the oldest known recipe for German sausage.

Oktoberfest

Oktoberfest originated when Crown Prince Ludwig, later to become King Ludwig I, was married to Princess Therese of Saxony Hildburghausen on 12th October 1810. The citizens of Munich were invited to attend the festivities held on the fields in front of the city gates to celebrate the happy royal event. It begins mid September and is celebrated for 16-18 days.

German Schnitzel

Ingredients

1 lb. boneless pork cutlets

Salt & Pepper

1/4 cup all purpose flour, combined with 1 tsp. salt

1 egg, lightly beaten

1/2 cup plain breadcrumbs

Instructions

Place the pork cutlets between two sheets of plastic wrap and pound them until just 1/4 inch thick with the flat side of a meat tenderizer. Lightly season both sides with salt and freshly ground black pepper. Place the flour mixture, egg, and breadcrumbs in 3 separate shallow bowls. Dip the cutlets in the flour, the egg, and the breadcrumbs, coating both sides and all edges at each stage. Be careful not to press the breadcrumbs into the meat. Gently shake off the excess crumbs. Don't let the schnitzel sit in the coating or they will not be as crispy once fried - fry immediately. Make sure the cooking oil is hot enough at this point (about 330 degrees F) as you don't want the Schnitzel to sit around in the coating before frying. Use enough oil so that the Schnitzels "swim" in it. Fry the Schnitzel for about 2-3 minutes on both sides until a deep golden brown. Transfer briefly to a plate lined with paper towels. Serve immediately with slices of fresh lemon and parsley sprigs or with your choice of sauce.



Sauerbraten

Ingredients:

1/2 cup water

1 tablespoons sugar

1/4 cup white vinegar

3/4 teaspoons salt

3 black peppercorns

3 whole cloves

2 bay leaves

1 lemon, sliced

1.5 pound bottom roast, trimmed

3/4 cup sliced onion

8 gingersnaps, crumbled (*we have gingersnaps in the shop!)

Chopped fresh parsley (optional)



Instructions:

Place first 8 ingredients in a large heavy-duty zip-top plastic bag; seal bag. Turn bag to blend marinade. Place roast and onion in bag; seal bag, turning to coat. Marinate in refrigerator 24 hours, turning bag occasionally. Remove roast from marinade, reserving marinade. Place roast in slow cooker. Strain reserved marinade through a sieve into a bowl, reserving 1 1/2 cups; discard remaining liquid and solids. Pour 1 1/2 cups strained marinade over roast. Cover and cook on LOW for 5 hours or until roast is tender. Remove roast from slow cooker; cover and keep warm. Add gingersnap crumbs to liquid in slow cooker. Cover and cook on LOW for 8 minutes or until sauce thickens; stir with a whisk until smooth. Serve sauce with roast. Garnish with parsley, if desired.