



# THE PENDULUM

SEPTEMBER 27-30, 2023



"We will fail when we fail to try."

Rosa Parks

## What's in the Box?

- **NY Strip**
- **Breakfast Sausage**
- **Ground Beef**

## NY Strip Steaks

Preheat oven to 400 degrees. Preheat cast iron skillet over high heat until lightly smoking. Pat meat dry with paper towels. Season with salt. Swirl beef tallow or vegetable oil in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black. Put skillet in the oven for 5-7 minutes. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minutes. It is excellent topped with compound butter. Here is one of my favorite recipes for Garlic and Herb Compound Butter:

- 1 stick butter ½ cup, softened
- 1 ½ teaspoons lemon juice
- ½ teaspoon salt or to taste
- 1 clove garlic minced
- 3 tablespoons fresh parsley chopped
- 1 ½ tablespoons fresh chopped herbs basil, oregano, rosemary etc
- ¼ teaspoon black pepper

### Instructions

1. Combine all ingredients in a bowl and mix until well combined.
2. Place on a piece of plastic wrap and roll into a log. Twist ends to seal well.
3. Refrigerate at least 1 hour.
4. Slice into rounds and enjoy on steaks, vegetables or bread.

# Butter Swim Biscuits and Gravy Bake

*From I am Homesteader*

## Ingredients

### *Sausage Gravy:*

1 pound breakfast sausage  
2 tablespoons unsalted butter  
¼ cup (31 g) all-purpose flour  
2 ½ cups (612.5 g) whole milk  
1 teaspoon kosher salt  
½ teaspoon black pepper  
¼ teaspoon cayenne pepper  
¼ teaspoon garlic powder

### *Biscuits:*

2 ½ cups (312.5 g) all-purpose flour  
4 teaspoons baking powder  
1 tablespoon granulated sugar  
2 teaspoons kosher salt  
2 cups buttermilk  
½ cup unsalted butter, melted

### *Garnish:*

1 tablespoon unsalted butter, melted  
Parsley, chopped for garnish

## Instructions

Preheat the oven to 450°F.

### *Sausage Gravy:*

In a large, 13-inch oven-safe skillet over medium-high heat cook the sausage until browned and cooked through to an internal temperature of 160°F. To the skillet, add butter. When melted, stir in the flour. Add milk, salt, pepper, cayenne pepper, and garlic powder, mixing until combined. Cook until thickened, about 3-5 minutes, stirring occasionally.

### *Biscuits:*

To a medium bowl, add flour, baking powder, sugar, and salt. Use a whisk to sift the ingredients. Pour in the buttermilk and stir until mostly combined, being careful not to overwork the batter. Using a spoon, dollop biscuit dough on top of the gravy. Then, using a knife, carefully spread it into an even layer. Evenly drizzle the melted butter over the top. Bake for 20-25 minutes, or until biscuits are golden brown and cooked through. Before serving, brush the top of the biscuits with melted butter and garnish with parsley.



Whitney made this recently and said it was delicious!