



THE PENDULUM

OCTOBER 11-14, 2023



What's in the Box?

- **Chicken Breast**
- **Lamb Merguez Sausage**
- **Beef Stew Meat**
- **Beef Stock**

"Don't let yesterday take up too much of today."
— Will Rogers

Oven-Braised Chickpeas and Merguez with Yogurt and Mint

Ingredients:

2 tablespoons extra-virgin olive oil
 1 pound merguez sausage, cut into 5-inch lengths
 1 red onion, cut into 1/4-inch dice
 1 large garlic clove, minced
 1/2 teaspoon ground cumin
 Two 15-ounce cans chickpeas, drained and rinsed
 Kosher salt and freshly ground pepper
 1/3 cup chicken stock or low-sodium broth
 1/2 cup plain yogurt
 2 tablespoons finely shredded mint leaves



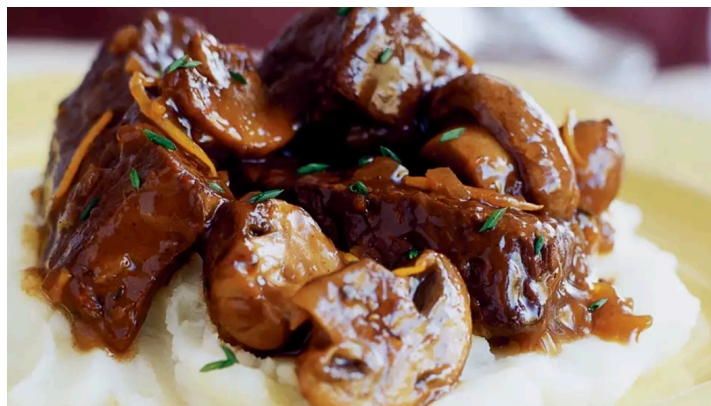
Instructions:

Preheat the oven to 400°. In a large ovenproof skillet, heat the olive oil. Add the merguez and cook over moderately high heat, turning occasionally, until browned all over, about 5 minutes. Transfer the merguez to a plate. Add the red onion, garlic and cumin and cook over moderate heat until the onion is softened, about 3 minutes. Stir in the drained chickpeas and season with salt and pepper. Return the merguez and any juices to the skillet. Add the chicken stock. Transfer the skillet to the oven and bake for 15 minutes, until the merguez is cooked through. Spoon the chickpeas into shallow bowls and top with the merguez sausage. Spoon the yogurt over the top, sprinkle with the shredded mint and serve.

Slow-braised Beef Stew with Mushrooms

Ingredients

2 pounds beef stew meat
1 orange (2 1/2 in. wide), rinsed
1 onion, peeled and finely chopped
1 cup beef stock
1 cup dry red wine
1/4 cup balsamic vinegar
2 tablespoons soy sauce
1 teaspoon dried thyme or 2 s fresh thyme leaves
3 or 4 very thin slices (quarter size) peeled fresh ginger
1/2 teaspoon Chinese five spice
1 pound mushrooms (1- to 1 1/2-in.-wide caps)
2 tablespoons butter or olive oil
2 tablespoons cornstarch
Salt and pepper
1/4 cup chopped fresh chives or green onions



Instructions

Place beef stew meat in a 5- to 6-quart slow-cooker. With a vegetable peeler, pare orange part of peel from orange and sliver it; save orange for other uses. In a 1 1/2- to 2-quart pan, combine peel, onion, 1 cup broth, wine, vinegar, soy sauce, thyme, ginger, and five spice. Bring to a boil over high heat. Pour liquid over meat. Turn slow-cooker to high, cover, and cook until meat is very tender when pierced, 5 to 6 hours.

Rinse and drain mushrooms; trim off and discard stem ends. Cut mushrooms in half lengthwise and place in a 10- to 12-inch frying pan; add butter.

Skim off and discard fat from liquid in slow-cooker. Ladle 1 cup liquid into pan with mushrooms. Stir mushrooms often over high heat until liquid has evaporated and mushrooms are lightly browned, 13 to 17 minutes.

With a slotted spoon, lift meat from juices in slow-cooker and lay in a single layer in a shallow casserole (about 9 by 13 in.). Pour mushrooms over meat. Bake in a 375° regular or convection oven until meat is sizzling and browned, 12 to 15 minutes.

Meanwhile, measure remaining liquid from slow-cooker. If less than 2 cups, add beef broth to make 2 cups, pour into a 2- to 3-quart pan, and bring to a boil over high heat; if there is more, pour into pan and boil, stirring occasionally, until reduced to 2 cups, 8 to 12 minutes. In a small bowl, mix cornstarch with 1/4 cup water. Pour into boiling liquid and stir until thickened, about 30 seconds. Pour evenly over meat and mix gently to blend with liquid in casserole, adding salt and pepper to taste. Sprinkle with chives.