



# THE PENDULUM

OCTOBER 25-28, 2023



## What's in the Box?

- **Pork Tenderloin**
- **Pumpkin Sausage**
- **Bacon**
- **Eggs**
- **Lard**

Perfect for  
Quiche!  
Other recipes  
included.

*"I'm so glad I live in a world where there are Octobers."*  
— L.M. Montgomery

## Cornbread

Make this recipe with your Pendulum lard.

### Ingredients

- 1 1/4 Cup Organic Cornmeal
- 3/4 Cup Flour
- 1 Tablespoon + 1 teaspoon Baking Powder
- 3/4 teaspoon Sea Salt
- 1/4 Cup Whole Cane Sugar
- 2 Eggs, beaten
- 1 1/2 Cup Buttermilk
- 1/4 Cup Lard

### Instructions

Start by larding up a cast iron skillet. Place the larded skillet in an oven and start preheating to 425°F. Combine cornmeal, flour, baking powder, sea salt, and sugar in a bowl. Whisk all that goodness together. In a smaller bowl, beat together eggs and buttermilk. Make a well in your dry ingredients and pour the egg/buttermilk mixture in. Stir everything together quickly. Just until incorporated. Do not over mix. It's ok if it's lumpy. Pour your batter into that hot skillet you just pulled out of the oven. Bake 18-22 minutes, or until top is lightly browned and pulling slightly away from the pan edge.

Tis the season  
for chili!





# Risotto with Pumpkin Sausage

## Ingredients

- 2 cups chicken stock
- 2 Tablespoons butter
- 1 small onion, finely chopped
- 2/3 cup arborio rice
- 1/2 cup dry white wine
- 1/4 cup shredded parmesan cheese



## Instructions

Heat the chicken stock in a saucepan until it's simmering, then reduce heat to low. In a separate large frying pan, melt the butter and sauté the onion until soft, but not browned. Add the rice and reduce the heat to low. Stir well to coat the grains of rice in the butter, for about 2 minutes. Add the wine to the rice and turn the heat up to medium. Cook, stirring the rice continuously, until all the liquid has been absorbed (about 5 minutes). Add 1/2 the warmed chicken stock slowly, stirring continuously so the rice cooks evenly. Continue stirring and cooking over medium heat until most of the liquid is absorbed, then repeat with second half of stock. Continue stirring until liquid is absorbed again and the rice is al dente and the risotto has a nice creamy texture. This will take around 20 minutes of cook/stir time. Remove from heat as soon as the rice is soft and completely cooked. Stir in the parmesan cheese, top with cooked pumpkin sausage, and serve.

## Ingredients:

- 10 bacon strips
- 1 pork tenderloin
- 1/4 teaspoon pepper
- 1/3 cup prepared pesto
- 1 cup shredded Italian cheese blend
- 1 cup fresh baby spinach

## ***Bacon-Wrapped Pesto Pork Tenderloin***



## Instructions:

Preheat oven to 425°. Arrange bacon strips lengthwise in a foil-lined 15x10x1-in. pan, overlapping slightly. Cut tenderloin lengthwise through the center to within 1/2 in. of bottom. Open tenderloin flat; pound with a meat mallet to 1/2-in. thickness. Place tenderloin on center of bacon, perpendicular to strips. Sprinkle pepper over pork. Spread with pesto; layer with cheese and spinach. Close tenderloin; wrap with bacon, overlapping ends. Tie with kitchen string at 3-in. intervals. Secure ends with toothpicks. In a 12-in. skillet, brown roast on all sides, about 8 minutes. Return to baking pan; roast in oven until a thermometer inserted in pork reads 145°, 17-20 minutes. Remove string and toothpicks; let stand 5 minutes before slicing.