



THE PENDULUM

DECEMBER 6-9, 2023



What's in the Box?

- **1.5 lb. Brisket with house made rub**
- **Garlic & Herb Chicken Sausage**
- **Ground Beef**

"Always choose curiosity over judgment."

Slow Roasted Brisket with House Made Rub

Preheat the oven to 250 degrees. Pour 3 cups of water into the bottom of a roasting pan with a rack. Rub the spice blend over the entire surface of the brisket and lay the brisket on the wire roasting rack. Cover with foil. Slow roast in the oven until the internal temperature reaches 175 degrees. Then remove the foil and continue roasting until internal temperature is 195 degrees. Take the brisket out of the oven and allow it to rest for 30 minutes before serving. Cover it closely with the foil to help retain heat. Cut brisket across the grain into thin slices and serve warm.

If time allows, rub the brisket with the spice mixture at least 4 hours prior to placing it in the oven. Rub and refrigerate until ready to bake. You can even do this the night before. This step is not necessary, but it does allow the seasoning to flavor the interior of the brisket at a greater level.



Ground Beef Noodle Stir Fry

INGREDIENTS

14 ounces refrigerated (or dried) udon noodles
1 tablespoon olive oil
1 pound ground beef
1 onion, *diced*
1 red bell pepper, *thinly sliced*
1 green bell pepper, *thinly sliced*
12 ounces broccoli florets
1 green onion, *thinly sliced*

FOR THE SAUCE

¼ cup soy sauce
2 tablespoons rice wine vinegar
2 tablespoons brown sugar, *packed*
3 cloves garlic, *minced*
1 tablespoon freshly grated ginger
1 teaspoon sesame oil
1 teaspoon Sriracha, *optional*

INSTRUCTIONS

In a small bowl, whisk together soy sauce, rice wine vinegar, brown sugar, garlic, ginger, sesame oil and Sriracha, if using; set aside. In a large pot of boiling water, cook udon noodles according to package instructions; drain well. Heat olive oil in a large skillet over medium high heat. Add ground beef and onion and cook until beef has browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat. Stir in bell peppers and broccoli. Cook, stirring frequently, until tender, about 3-4 minutes. Stir in udon noodles and soy sauce mixture until well combined, about 2-3 minutes. Serve immediately, garnished with green onion, if desired.



It is time to get your holiday orders in! Whether your family enjoys a ham, prime rib, standing rib roast, beef tenderloin, or lamb for your holiday meal, we have you covered. Please email your holiday dinner needs to sales@pendulummeats.com.

