



# THE PENDULUM

FEBRUARY 14-17, 2024



"Real cooking is more about following your heart than following recipes."

## What's in the Box?

- **Beef Short Ribs**
- **Ground Pork**
- **Cherry Shallot Sausage**
- **Ground Lamb**

## Cumin Lamb Noodles with Eggplant

### Ingredients:

- 3 tablespoons extra-virgin olive oil
- 1 onion, thinly sliced
- 1 medium eggplant (1 pound), peeled and cut into 3/4-inch cubes
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika, preferably hot
- Pinch of crushed red pepper
- Kosher salt
- 1 pound ground lamb
- 1/4 cup tomato paste
- 3/4 cup chicken stock
- 8 ounces gemelli
- 1/2 cup whole plain Greek yogurt
- 1/3 cup chopped mint

### Instructions:

In a large skillet, heat the oil. Add the onion and cook over moderate heat, stirring occasionally, until softened, 5 minutes. Add the eggplant, garlic, oregano, cumin, paprika and crushed red pepper and season with salt. Cook, stirring, until fragrant, 1 minute. Add the lamb and cook, breaking up the meat into small pieces with a wooden spoon. Add the tomato paste and cook, stirring, for 2 minutes. Stir in the stock and bring to a boil. Cover and cook over low heat until the sauce is thickened, 12 minutes.

Cook the pasta in a pot of salted boiling water until al dente, 8 minutes. Drain, reserving 1/2 cup of the pasta cooking water. Stir the pasta and 1/4 cup of the reserved cooking water into the sauce; add more water if a thinner sauce is desired. Remove the skillet from the heat and stir in the yogurt and mint. Season with salt and serve hot.



# **Braised Short Ribs**

## Ingredients:

3 Tablespoons olive oil  
1 yellow onion , diced  
3 carrots , chopped  
4 whole beef short ribs  
Salt and Pepper, to taste  
1/4 cup flour  
1 cup dry red wine  
2 1/2 cups beef broth  
2 Tablespoons tomato paste  
2 sprigs fresh thyme  
2 sprigs fresh rosemary



## Instructions:

Preheat oven to 350 degrees F. In a large dutch oven or oven safe pot with a lid, heat one tablespoon of oil over medium high heat. Add onion and carrots and cook for a few minutes, stirring constantly. Remove veggies to a plate. Season the ribs with salt and pepper and coat on all sides with flour. Add 2 more tablespoons of oil to the pot and turn heat to high. Add ribs and brown on all sides, about 45 seconds per side. Remove to a plate. Add the wine to deglaze the pan. Scrape the bottom of the pan to release any browned bites of flavor. Bring to a boil and cook 2 minutes.

Add beef broth, salt and freshly ground black pepper. Stir in tomato paste. Taste broth and add additional seasonings, if needed. Add ribs, veggies, and (whole) sprigs of thyme and rosemary to the pot. Cover with the lid and place into the oven. Cook at 350 degrees for 2 hours, then reduce heat to 325 degrees and cook for an additional 30 to 45 minutes. Ribs should be very tender, nearly falling off the bone. Remove the pan from oven and allow rest for 20 minutes, with the lid on, before serving. Skim off any fat that has risen to the top of the liquid, before serving. Serve ribs over mashed potatoes with a spoonful of gravy from the pot. Store leftover short ribs in a sealed container in the refrigerator for 3-4 days depending on the freshness of your ingredients.

## **Sausages in the Case**

February 15-21, 2024

Hot Italian  
Luganega  
Hawaiian Pork Luau  
Chicken & Dumpling