



THE PENDULUM

APRIL 10-13, 2024



"Cooking is a bit like cinema. It's the emotion that counts." - Anne-Sophie Pic

What's in the Box?

- **Pork Tenderloin**
- **Philly Cheesesteak Sausage**
- **Chicken Breast**

Philly Cheesesteak Sausage

Our Philly cheesesteak sausage is made with freshly ground beef, salt, pepper, onion, and American cheese. Serve them on a roll with grilled peppers and mushrooms. The cheese gets gooey and melty. You could also grill onions and peppers,, cook the sausage out of the casing, and mix with pasta.



New class dates have been announced. For more information and our classes and how to register [click here.](#)

Pork Tenderloin

Ingredients

Marinade

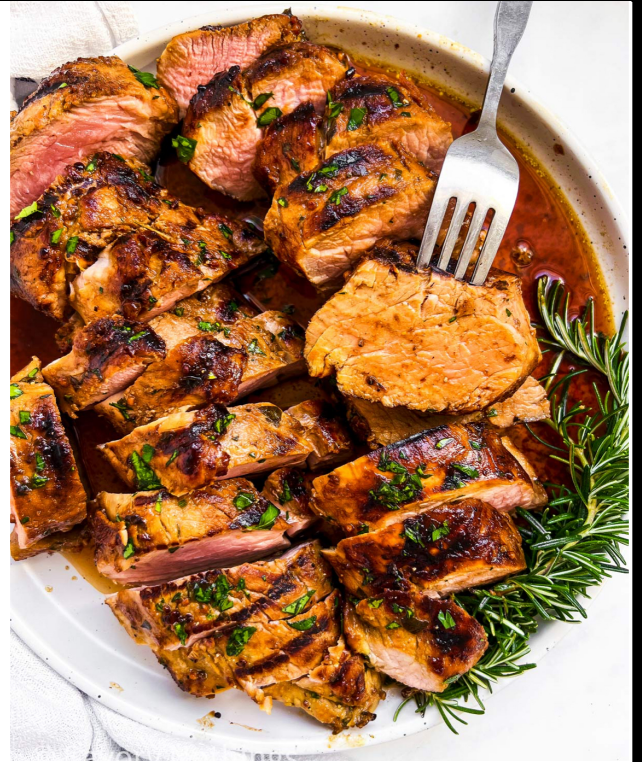
- ¼ cup olive oil
- 2 tablespoons soy sauce
- 2 tablespoons honey
- 2 tablespoons Dijon mustard
- 1 tablespoon brown sugar
- 1 tablespoon lemon juice
- 1 teaspoon Worcestershire sauce
- 2 cloves garlic minced
- 1 tablespoon chopped parsley
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ground black pepper to taste

Pork

- 1 sprig fresh rosemary
- pork tenderloin

Instructions

Combine ingredients for marinade and whisk well. Place pork tenderloin in a freezer bag and pour marinade on top. Close bag well, then lightly massage marinade into pork. Marinate in the fridge for at least 1 hour, or up to 24 hours. Remove pork tenderloin from bag, discarding marinade, rosemary and bag. Sear tenderloin on stove in an oven-safe skillet over high heat for 1-2 minutes per side. Then, transfer to a 400°F oven and bake for 20-25 minutes, or until it reaches an internal temperature of 145. Allow it to rest and slice to serve.



Need Worcestershire sauce for the pork tenderloin? We sell Virginia made Worcestershire sauce in the shop. Grab one during pickup or email to have one added to your order.