



# THE PENDULUM

MARCH 13-16, 2024



## What's in the Box?

- **Pork Carnitas**
- **Chicken Thighs**
- **Ground Beef**
- **Dealer's Choice Sausage**

*How you choose to show up magnetizes what shows up for you.*

## Mexican Slow Cooker Pulled Pork

### Ingredients:

1.5 lbs. carnitas  
 1.5 tsp. salt  
 ½ tsp. black pepper  
 ½ onion, chopped  
 ½ jalapeno,  
 deseeded and chopped  
 2 cloves garlic, minced  
 ½ cup orange juice

### For the Rub:

½ tbsp. dried oregano  
 1 tsp. ground cumin  
 1 tbsp. olive oil

### Instructions:

Rub the pork carnitas with salt and pepper. Combine the rub ingredients and then rub over the pork. Place the pork in a slow cooker and top with onion, jalapeno, minced garlic, and orange juice. Slow cook on low for 10 hours or on high for 7 hours. Remove from slow cooker and let cook slightly. Shred as desired. Reduce the cooking liquid to 1 cup and set aside.

### To Crisp:

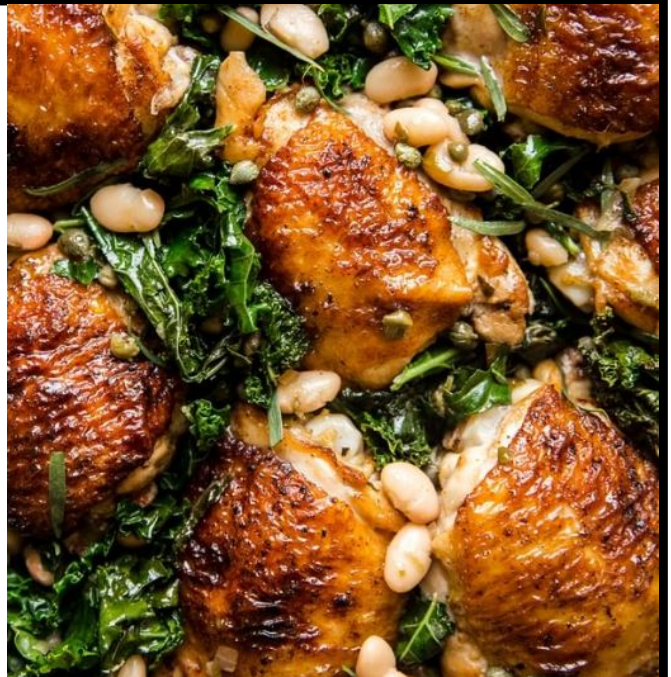
Heat 1 tbsp. olive oil in a cast iron skillet over high heat. Spread the pork in the pan, drizzle with some juice. Wait until the juices evaporate and the bottom side is golden brown/ Turn and briefly sear the other side. Remove the pork from the skillet. Before serving, drizzle more juices over the pork and serve hot. Great in tacos or served with rice and beans.



# ***One-Pot Braised Chicken with Kale and White Beans***

## Ingredients:

1 tbsp olive oil  
1/2 tsp paprika  
1/2 tsp sea salt  
1/4 tsp black pepper  
Chicken thighs, about 1 lbs  
1/2 large shallot, minced (about 1/2 cup)  
1 cup chicken broth  
1/2 tbsp dijon mustard  
1 tbsp salted butter, cold  
1 tbsp freshly squeezed lemon juice  
1/2 tsp freshly chopped tarragon  
1/8 cup capers, drained  
5 cups kale from 2 bunches, stems removed, roughly chopped  
1 13.5 oz can white cannellini beans, drained and rinsed



## Instructions:

In a large skillet or braising pot with a tight fitting lid heat 1 tablespoon of the olive oil over medium/high heat. In a small bowl mix together paprika, salt and pepper. Pat the chicken thighs dry and season them generously with the paprika mixture. Place the thighs into the pan. Cook for about 5 minutes. Flip and continue to cook until the other side is just browned, about 3 more minutes. Transfer chicken to a plate and repeat with remaining chicken thighs.

In the same pan add the shallots and cook over medium heat, stirring often, until just tender, about 4 minutes. Add chicken stock to the pan along with the dijon mustard. Bring liquid to a simmer, stirring and scraping up brown bits with a wooden spoon. Allow to simmer on medium low heat until sauce reduces and thickens enough to lightly coat the back of a wooden spoon, about 5 minutes.

Remove from heat and slowly whisk in cold butter. Once the butter is incorporated, stir in the lemon juice, capers and tarragon. Add the kale and white beans to the pan and toss until greens are lightly coated with the sauce. Add the chicken back to the pan, tucking each thigh into the greens. Drizzle the remaining broth over the entire dish, bring to a simmer, cover and cook on low heat for 30 minutes. Remove from heat, transfer to a large serving platter and serve as is or over mashed potatoes or a bed of creamy polenta.