



# THE PENDULUM

MAY 8-11, 2024



## What's in the Box?

- **Sirloin Steaks**
- **Banh Mi Sausage**
- **Chicken Breast**
- **Ground Pork**

*"Learn as if you will live forever, live like you will die tomorrow." -Mahatma Gandhi*

## Pork Banh Mi Sausage

Our pork banh mi sausage is made with carrots, daikon radish, cilantro, garlic, hoisin, and sriracha. These versatile sausages are great grilled and served on a bun with cilantro and pickled veggies, or kimchi. Taken out of the casing, they make great lettuce wraps or fried rice. We have also taken them out of the casing to make our own dumplings and wontons. The sky is the limit!

\*This sausage was requested by a CSA family during pickup last week. Want to choose the sausage flavor? Email [dana@pendulummeats.com](mailto:dana@pendulummeats.com)



# Sweet-and-Sour Pork Meatballs with Pineapple

*From the Pioneer Woman*

## Ingredients:

- 1 lb. ground pork
- 1/2 small onion, finely diced
- 1 large egg
- 1/2 c. breadcrumbs
- 1/2 tsp. crushed red pepper flakes
- 1 tsp. kosher salt
- Black pepper, to taste
- 1 1/2 c. beef broth
- 1/2 c. white wine vinegar
- 1/3 c. sugar
- 2 tbsp. soy sauce
- 2 tbsp. cornstarch
- 1/4 c. vegetable oil, for frying
- 1/4 c. all-purpose flour
- 2 red bell peppers, chopped
- 1 1/2 c. fresh pineapple chunks
- 2 scallions, sliced
- Cooked white rice, for serving



## Instructions:

Mix the pork, onion, egg, breadcrumbs, red pepper flakes, salt and a few grinds of pepper in a medium bowl with your hands. Roll into 36 to 38 small balls and place on a baking sheet. Freeze until firm, about 15 minutes.

Whisk the beef broth, vinegar, sugar, soy sauce and cornstarch in a medium bowl. Set aside.

Heat 3 tablespoons vegetable oil in a large skillet over medium-high heat. Put the flour on a large plate. Roll the meatballs in the flour.

Fry the meatballs in two batches until browned, turning occasionally, about 4 minutes per batch. Remove the meatballs to a paper towel-lined plate.

Pour off the oil from the skillet and wipe out the pan. Add the remaining 1 tablespoon vegetable oil and heat over medium-high heat. Throw in the bell peppers and cook, stirring, until the peppers brown in spots, 3 minutes. Add the pineapple and cook, stirring gently, 1 minute. Stir in the scallions. Pour the broth mixture into the skillet, then add the meatballs. Reduce the heat to medium and cook, stirring, until bubbly, about 5 minutes. Season with salt and red pepper flakes. Serve over rice.