



THE PENDULUM

February 12-15, 2025



"To love oneself is the beginning of lifelong romance." -Oscar Wilde



What's in the Box?

- **NY Strip Steak**
- **Boneless Boston Butt**
- **Chicken Gremolata Sausage**

NY Strip Steaks

Preheat oven to 400 degrees. Preheat cast iron skillet over high heat until lightly smoking. Pat meat dry with paper towels. Season with salt. Swirl beef tallow or vegetable oil in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black. Put skillet in the oven for 5-7 minutes. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minutes. It is excellent topped with compound butter. Here is one of my favorite recipes for Garlic and Herb Compound Butter:

- 1 stick butter ½ cup, softened
- 1 ½ teaspoons lemon juice
- ½ teaspoon salt or to taste
- 1 clove garlic minced
- 3 tablespoons fresh parsley chopped
- 1 ½ tablespoons fresh chopped herbs basil, oregano, rosemary etc
- ¼ teaspoon black pepper

Instructions

1. Combine all ingredients in a bowl and mix until well combined.
2. Place on a piece of plastic wrap and roll into a log. Twist ends to seal well.
3. Refrigerate at least 1 hour.
4. Slice into rounds and enjoy on steaks, vegetables or bread.

Slow Cooker Garlicky Pork

INGREDIENTS

Boneless, skinless pork butt
2 cloves garlic
1/4 c. olive oil, divided
1/2 tsp. cumin
1/2 tbsp. salt
1/4 tbsp. black pepper
1/2 tbsp. oregano leaves
1/4 c. fresh squeezed orange juice
1/8 c. fresh squeezed lime juice
1/4 serrano, seeded, and diced
1/4 c. freshly chopped fresh cilantro



INSTRUCTIONS

Dry pork shoulder with a paper towel and make 1" incisions with a knife all over. Pulse garlic, 1/8 cup oil, cumin, salt, pepper, and oregano in a food processor until a paste is formed. Remove 2 tablespoons of the paste and set aside. Rub pork shoulder all over with remaining paste, pushing some of it into the incisions. Place pork in slow cooker, cover, and cook on low until meat is fork-tender but not yet completely falling apart, 7 1/2 to 8 hours. To make the sauce, heat remaining 1/8 cup oil in a small saucepan over medium heat until shimmering. Add reserved 2 tablespoons garlic paste and let sizzle, stirring continuously until fragrant, just about 1 minute. Remove from heat and let cool before whisking in orange juice, lime juice, serrano, and cilantro. Serve sliced pork over rice with sauce drizzled on top.

Chicken Gremolata Sausage

**This chicken sausage is made with lemon, parsley, and olive oil.
A perfect addition to pasta or risotto, it is also great by itself.**

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