



THE PENDULUM

April 23-26, 2025



What's in the Box?

- **Chicken Breast**
- **Ground Beef**
- **Bratwurst Sausage**
- **Pork Chops**

"The only real stumbling block is fear of failure. In cooking, you've got to have a what-the-hell attitude." - Julia Child

Bratwurst Bar

As cookout season begins, create a fun evening with friends and neighbors to use up some sausage in your freezer. Enjoy a Bratwurst Bar featuring a variety of sausages, alongside caramelized onions and roasted sweet peppers.

With an array of condiments like whole grain mustard, sauerkraut, pickled jalapeños, and coleslaw, this setup offers a customizable and flavorful dining experience. Offer a variety of rolls, hawaiian rolls, pretzel rolls, hotdog buns, brioche rolls, whatever your favorites are. We added potato salad to our bratwurst bar.



Spice Rubbed Chicken Breast Pitas

Ingredients:

Spice-Rubbed Chicken Breasts:

2 teaspoons paprika
2 teaspoons cumin
1 teaspoon coriander
1 teaspoon kosher salt
1 teaspoon freshly ground black pepper
1/2 teaspoon cinnamon
1/4 teaspoon cloves
1/4 teaspoon nutmeg
1/4 teaspoon cardamom
1 pound boneless, skinless chicken breasts
Canola oil, for brushing

Arugula Salad:

1/4 cup freshly squeezed lemon juice
1/2 teaspoon finely grated lemon zest
1/4 cup extra-virgin olive oil
Kosher salt
6 ounces baby arugula
Roasted red pepper hummus
4 to 6 pitas, warmed

Instructions:

Preheat the oven to 375 degrees F. For the chicken: Combine the paprika, cumin, coriander, salt, pepper, cinnamon, cloves, nutmeg and cardamom in a bowl. Brush the chicken breasts on both sides with canola oil and rub the top side of each breast with some of the spice rub. Heat a nonstick or enameled cast-iron grill pan over medium-high heat. Sear the chicken, rub-side down, until golden brown and a crust has formed, about 5 minutes. Flip and cook until just starting to brown on the reverse side, another 2 minutes. Transfer the pan to the oven and cook until an instant-read thermometer reads 160 degrees F, 7 to 10 minutes longer. Remove the chicken to a cutting board and let rest for 5 minutes before slicing.

For the salad: Whisk together the lemon juice, lemon zest, olive oil and some salt in a large bowl. Add the arugula and toss gently. Pile some arugula salad on top of a warm pita, spoon over a generous amount of hummus, and pile on some sliced chicken. Serve warm.



Sausage Making Class **Thursday, May 8, 2025 at 6:15pm**

In this class we will demonstrate just what goes into making the sausage which we sell! We will discuss the kind of meat and spices which are used as well as how we come up with the kinds of sausages we feature. There will be a hands-on demonstration of how to stuff and link sausage, which the participants will then be able to take home for themselves. Class is limited to 12 participants. We require a 24 hour cancellation notice based on the limited number of participants. [Click here](#) to register.