



# THE PENDULUM

April 9-12, 2025



## What's in the Box?

- **Whole Chicken**
- **Ground Beef**
- **Blueberry Breakfast Sausage**
- **House Made Chicken Stock**

*"Let food be thy medicine and medicine be thy food." -Hippocrates*

## Italian Penicillin Soup

*With the allergy season in full swing, I find myself making this more frequently. A great recipe for any leftover roasted chicken.*

### Ingredients

- 4 cups chicken broth
- 1 cup chopped sweet onion
- 3/4 cups peeled and coarsely chopped carrots
- 1 celery rib, coarsely chopped
- 3 garlic cloves, smashed and peeled
- 3/4 teaspoon kosher salt
- 2 thyme sprigs
- 1 fresh bay leaves
- 1 ounce Parmigiano-Reggiano cheese rind, plus grated cheese for garnish
- 2 ounces uncooked pastina pasta
- 1 cups shredded cooked chicken
- Fresh flat-leaf parsley leaves

### Instructions:

Bring broth, onion, carrots, celery, garlic, and salt to a boil over high; reduce heat to medium-low, and simmer until vegetables are softened, about 10 minutes. Using a slotted spoon, transfer vegetables and 1 cup of broth to a blender. Secure lid on blender, and remove center piece to allow steam to escape. Place a clean towel over opening. Process until smooth, about 30 seconds. Stir blended carrot mixture back into soup. Add thyme sprigs, bay leaves, and Parmigiano-Reggiano cheese rind. Bring to a boil over medium-high. Add pasta, reduce heat to medium-low, and simmer, stirring occasionally, until pasta is tender, 18 to 20 minutes, adding shredded chicken in the last 3 minutes of cooking.



# Perfectly Roasted Chicken

## Ingredients:

- 1 large carrot, halved lengthwise and cut into thirds
- 1 stalk celery, cut into large thirds
- 1 whole chicken, patted dry
- 1/4 cup unsalted butter, melted
- 3 cloves garlic, finely minced
- 1/2 teaspoon fresh thyme
- 1/2 teaspoon grated lemon zest
- 3 tablespoons olive oil
- salt
- freshly cracked black pepper

## **For the Cavity**

- 1 head garlic, top sliced off
- 1/2 yellow onion, cut into 2 large pieces
- 1 lemon, cut in half
- 4-6 sprigs fresh thyme

## Instructions:

Preheat oven to 400 degrees. To a small mixing bowl add the melted butter, garlic, lemon zest, 1/2 teaspoon fresh thyme, and a generous pinch of salt and freshly cracked pepper. Place the celery and carrots in a cast iron and skillet. Use a paper towel to pat the chicken dry and then place the chicken on top of the veggies, breast side up. Rub the melted butter mixture under the skin of the chicken as well as inside the cavity of the chicken, being sure to use all of the butter. Stuff the chicken cavity with the head of garlic, pieces of yellow onion, lemon, and fresh thyme. If you like, use a bit of kitchen twine to tie the drumsticks. Drizzle the olive oil over the skin of the chicken and then use a basting brush to ensure that the skin is well coated with oil. Liberally season the chicken with salt and fresh cracked black pepper. Place the chicken in the oven, on the middle rack, and roast for 1 hour and 15-30 minutes, basting every 30 minutes, or until the internal temperature, at the thickest part, reaches 165 degrees. Remove the chicken from the oven and let rest for 10-15 minutes in the skillet. Carve the chicken and serve with the pan drippings or reserve the pan drippings to make homemade chicken gravy.

