



THE PENDULUM

February 25-28, 2026



What's in the Box?

- **Pork Chops**
- **Beef Stew Meat**
- **Chicken Breast**

"What I say is that, if a man really likes potatoes, he must be a pretty decent sort of fellow."

— A.A. Milne

Peruvian Grilled Chicken Breast with Pintos and Rice

Grill your chicken breast and top with Peruvian Aji Verde sauce. Serve with stewed pinto beans and steamed rice for a quick and easy meal. The aji verde sauce can be made ahead of time and you can cook your pinto beans in a slow cooker for a quick and easy weeknight meal!

Ingredients:

- 2 Jalapeños
- 1 handful cilantro
- 2-3 cloves garlic
- 3 Tbsp avocado oil
- 1.5 Tbsp lime juice
- 1/2 cup mayonnaise
- 1/4 cup freshly grated Parmesan
- sea salt to taste



Instructions:

1. Add all ingredients but mayonnaise and Parmesan to a blender or a jar into which your immersion blender fits and blend on high until bright green and smooth.
2. Add mayonnaise and grated Parmesan and blend on low for only a few seconds. If you blend on high or for too long you risk your mayonnaise curdling.

Beef Bourguignon

Ingredients

Beef marinade:

- 1.5 lb stew beef
- 2 large carrots, cut on an angle into 2" pieces
- 16 pearl onions or small, round pickling onions
- 1 bay leaf
- 3 sprigs thyme
- 3 cups oz pinot noir or other red wine

Browning beef:

- 3 tbsp oil
- 3/4 tsp salt
- 1/2 tsp pepper

Stew:

- 7oz mushrooms, halved
- 5oz bacon piece , cut into 1/2" thick batons
- 3 tbsp unsalted butter
- 3 garlic cloves , minced
- 2 tbsp tomato paste
- 6 tbsp flour
- 3 cups beef stock,
- 1/4 tsp salt
- 2 tbsp chopped parsley , for garnish



Instructions

Marinate beef:

Place the Beef Marinade ingredients in a large, non-reactive ceramic dish or ziplock bag. Marinate overnight in the fridge (minimum 12 hours, maximum 24 hours). Strain liquid into a bowl, reserve marinade. Separate the beef, carrots and onion. Reduce wine: Pour red wine into a saucepan and bring to a boil over medium high heat. Simmer vigorously, skimming off any impurities that rise to the surface, until reduced by half. Set aside.

Brown beef and vegetables:

Preheat the oven to 350°F. Dry beef: Line a tray with paper towels, spread beef out, then pat dry with paper towels. Season beef: Sprinkle beef with 3/4 tsp salt and 1/2 tsp black pepper. Brown beef: Heat 2 tbsp oil in a large, heavy-based, oven-proof pot over high heat. Add 1/3 beef and brown aggressively all over. Remove into a bowl, then repeat with remaining beef, adding more oil if needed. Fry bacon: Add bacon and cook for 3 minutes until golden. Add to bowl with beef. Sauté mushrooms: Add mushrooms and cook for 5 minutes, or until golden. Remove into a new bowl. Sauté onion: Add a bit of extra oil if needed, then cook onions for 5 minutes or until there are nice golden patches. Add to bowl with mushrooms. Sauté carrot: Add butter into pot. Once melted, add carrot and cook for 3 - 4 minutes until there are golden patches. Add garlic and cook for a further 1 minute. Tomato paste: Add tomato paste and cook for 2 minutes. Flour: Add flour and cook for 2 minutes. Add wine and stock: While stirring, slowly pour in beef stock – this helps the flour dissolve lump-free into the stock. Then add wine and mix until flour mixture is dissolved and mostly lump-free (Note 6). Add beef into pot: Add beef, bacon, thyme, bay leaf, 1/4 tsp salt and pepper into the pot, then stir well.

Slow-cook:

Bring to a simmer, then cover and transfer to oven for 1 hour. Remove from oven, stir in mushrooms and onion. Cover with lid and return to the oven for 1½ hours, or until beef is "fall-apart tender". Remove from the oven, taste sauce and add salt if needed. If time permits, leave the stew overnight before serving because as with all stews, it gets better with time! Reheat gently on a low stove. Serve over mashed potatoes.