



THE PENDULUM

May 6-9, 2026



What's in the Box?

- **Chicken Thighs**
- **Pork Carnitas**
- **Ground Beef**
- **Buffalo Chicken Sausage**

"Good food is the foundation of genuine happiness." -Auguste Escoffier

Sophisticated Sloppy Joe

Ingredients:

- 1 (14 1/2-ounce) can whole tomatoes in juice, drained
- 1 large onion, chopped
- 4 garlic cloves, finely chopped
- 2 tablespoons unsalted butter
- 1 medium carrot, finely chopped
- 1 celery rib, finely chopped
- 1 lb ground beef chuck
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 cup dry red wine
- 2 tablespoons Worcestershire sauce
- 1 1/2 tablespoons packed brown sugar
- 4 kaiser rolls, split

Ingredients:

Purée tomatoes in a blender. Cook onion and garlic in butter in a skillet over medium-high heat, stirring occasionally, until onion begins to brown, 4 to 5 minutes. Add carrot, celery, and 1/2 teaspoon salt and cook, stirring occasionally, until vegetables are softened, 4 to 5 minutes. Add beef and brown, stirring to break up lumps, 5 to 6 minutes. Add chili powder, cumin, 1/2 teaspoon salt, and 3/4 teaspoon pepper and cook, stirring, 2 minutes. Add puréed tomatoes, wine, Worcestershire sauce, and brown sugar and boil, stirring occasionally, until sauce has thickened, about 6 minutes. Season with salt and sandwich inside rolls.



Pork Carnitas

Ingredients:

- Pork Carnitas
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 tablespoon dried oregano (or Mexican oregano)
- 1/2 tablespoon ground cumin
- 1/2 large brown or white onion, cut into wedges
- 4 cloves garlic, smashed
- 1 lime, juiced
- 1 large orange, juiced (or 3/4 cup natural orange juice)
- 1/4 cup coke (Mexican coke is ideal and we sell it at Pendulum)
- 1 bay leaf

Instructions:

Rinse and pat dry pork with a paper towel. In the bowl of a 6-quart slow cooker, add pork, salt, pepper, oregano, cumin, onion, garlic, lime juice, orange juice, coke, and bay leaves. Cover and cook on low heat setting for 8-10 hours, or high heat for 5-6 hours (until the meat falls apart). Remove pork and shred with two forks (**DO NOT DISCARD THE LIQUID!**). Transfer the pork to a baking sheet lightly sprayed with cooking oil spray (or lined with aluminum foil or parchment paper). Pour 1 ladle full (about 1 cup) of the liquid from the slow cooker over the pork to season. Broil for 5-10 minutes on high heat until the meat becomes golden browned and crispy on the edges. Season with a little extra salt and pepper if desired. Pour over more of the slow cooker juices once the meat has crisped for added flavor, just before serving. Serve in Tacos, Burritos, or in a salad!

