

COTECHINO & LENTILS *(and how to roast pernil)*

INGREDIENTS

COTECHINO & LENTILS

cotechino sausages

2 cups lentils, soaked in water overnight

1 onion, diced

2 carrots, diced

4 cloves garlic, minced

2 bay leaves

4 cups stock

½ bunch fresh parsley

salt & pepper to taste

Ready for pernil? This is a classic Puerto Rican dish, enjoyed during the holidays. It's a slow-cooked roast seasoned with garlic, oregano (both fresh and dried), adobo, paprika, salt, lemon, and orange. All you need to do for this is put it in your dutch oven and cook it with the lid on for 4 hours at 275 degrees. When it's tender and starting to fall apart, remove the lid and broil it for 15-20 minutes to crisp the fat. Let it rest for about 20 minutes before slicing and serving. We like our pernil with coquito, a Puerto Rican coconut-based eggnog, some wice-fried plantains (tostones), or some rice and pigeon peas.

INSTRUCTIONS

Cotechino with lentils is a traditional Italian dish served to welcome in the new year - the sausage is sliced to resemble coins, ensuring a year of prosperity and good fortune. Made from heritage pork, this is a fatty sausage, one that needs a nice, long cook.

Let's cook that cotechino nice and slow. Place the sausage coil in a pot of water and bring to a boil. Let it all simmer for 60 minutes. When it's cooked through (temp it!), pull it from the water. Grab a wide, flat pan with high sides and sear the sausage over medium heat until you get some char and marks - you want a crust going here. Set the sausage aside.

Now we have to make our lentils. Using the same pan you just seared the cotechino in, saute the onion, carrot and garlic until they are translucent and soft. Add the lentils, bay leaves and stock and place the lid on and bring to a boil. Cook with the lid on for 20 minutes. Then remove the lid and cook off the stock for another 20 minutes or so. Once the lentils are done, serve 'em up and top with the sliced cotechino. Enjoy.

DECEMBER

OX BOX



WHAT'S IN THE BOX

COTECHINO

BREAKFAST CHORIZO

**ROSEMARY & GARLIC
WHOLE CHICKEN**

**BUTCHERS BLEND
GROUND BEEF**

**PERNIL PORK
SHOULDER**

FLAT IRON



A NOTE FROM CHEF

Happy Holidays! My favorite traditions this time of year always involve grilling something - this year, I've been testing and perfecting my prime rib game. With a 7-bone from the shop, I gave it a good rub with some French's mustard, covered it with a ton of salt and pepper, and grilled it on the Big Green Egg for 3 hours - searing it first then letting it cook through using indirect heat. A proper rest (at least 40 minutes) brings it to temp and ensures the inside has time to redistribute those juices. I don't want to brag, but it tasted pretty bomb. Definitely going to have David and Jeff cut me another one for my family's Christmas Eve dinner. You should too.

Whatever your traditions are and however you celebrate the season, I hope you find some fun things to grill in this box this month. We took some classic eats from around the world: cotechino sausage from Italy, a pernil pork shoulder from Puerto Rico, chorizo from Spain, and built a selection that we hope inspires you to cook something new; maybe create a new tradition.

Anyways, have a great rest of your year, and we'll see you in 2023.

B. Wise