



BI-WEEKLY SHOP BULLETIN

THE PENDULUM

Primal news...

JUNE 26-29, 2019



"Grilling means good times, good friends, and hopefully, great food." -Bobby Flay

What's in the Box?

- **Ground Lamb**
- **Cuban Link Sausage**
- **Beef Stir Fry Meat**
- **Chicken Drums**

Cuban Linx Sausage

Cuban Linx, the latest and greatest sausage... this pork sausage is made with ham, swiss, pickles, mustard, cumin, and garlic.



Pastitsio

From the Brown Eyed Baker

Ingredients:

For the Meat Sauce:

3 tablespoons olive oil
2 yellow onions (grated)
1 pound ground beef
1 pound ground lamb
4 cloves garlic (minced)
15 ounce can crushed tomatoes
2 tablespoons tomato paste
1/3 cup minced fresh parsley
1 1/2 teaspoons salt
1 teaspoon ground black pepper
1/2 teaspoon granulated sugar
1 cinnamon stick
2 bay leaves
1 egg white (lightly beaten)

For the Pasta:

1 pound ziti pasta
4 tablespoons unsalted butter (melted)
1 egg (slightly beaten)
1 cup Parmesan or Romano cheese

Instructions:

Grease a 9x13-inch baking dish; set aside.

Make the Meat Sauce: In a large saucepan or Dutch oven, heat the olive oil over medium-low heat. Add the onions and cook until softened and slightly browned, about 5 minutes. Add the garlic and cook for 30 seconds. Add the beef and lamb, increase the heat to medium-high and cook, breaking up the meat, until it is thoroughly browned. Stir in the crushed tomatoes, tomato paste, parsley, salt, pepper, sugar, cinnamon stick and bay leaves and bring to a boil. Reduce the heat to low and simmer, uncovered, until most of the liquid has been absorbed and the mixture is a thick meat reduction, about 1 hour, then remove from the heat and discard the cinnamon stick and bay leaves.

Make the Pasta: While the sauce is simmering, bring a large pot of water to a boil and cook the ziti to al dente. Drain the pasta, return it to the pot and immediately toss with the melted butter; set aside to cool slightly.

Make the White Sauce: In a large saute pan, melt the butter over medium heat. Add the flour and whisk until slightly browned, about 1 minute. Gradually add the milk, whisking constantly. Continue cooking and whisking until the sauce is thickened, 10 to 15 minutes. Remove from the heat and whisk in the salt, pepper and nutmeg and set aside to cool slightly.

Preheat the oven to 375 degrees F.

Assemble the Pastitsio: Sprinkle the bottom of the greased baking dish with 2 tablespoons breadcrumbs. Stir the beaten egg and cheese into the pasta and spread half of the pasta mixture onto the bottom of the baking dish. Fold the egg white into the meat sauce and spread the entire mixture on top of the pasta. Top with the remaining pasta. Whisk the egg yolks and cheese into the white sauce and spread on top of the pasta. In a small bowl, stir together the remaining 1/4 cup breadcrumbs and cheese and sprinkle on top of the white sauce. Bake until the surface of the pastitsio is browned and bubbling, 45 minutes to 1 hour. Allow to sit for 15 minutes before slicing and serving.



For the White Sauce:

1/2 cup unsalted butter
1/2 cup all-purpose flour
4 cups whole milk
1 teaspoon salt
1 teaspoon white pepper
1/4 teaspoon ground nutmeg
3 egg yolks (lightly beaten)
3/4 cup Parmesan or Romano cheese

To Assemble the Pasta:

2 tablespoons + 1/4 cup plain breadcrumbs (divided)
1/4 cup Parmesan or Romano cheese