



BI-WEEKLY SHOP BULLETIN

# THE PENDULUM

*Primal news...*

JULY 10-13, 2019



*"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world." -J.R.R. Tolkien*

## **What's in the Box?**

- **Ground Beef**
- **Chicken Club Sausage**
- **Boneless Pork Chops**
- **London Broil**

## **Chicken Club Sausage**

**Our CSA members are the first to try our newest sausage, the chicken club. This chicken sausage has bacon, ranch, parsley, salt, and pepper. Just like a chicken club sandwich. We can't wait to get your feedback on this new sausage. We love it!**

## Garlic Baked Pork Chops

*From Sweet C's Designs*

### Ingredients:

- 2 tbsp olive oil
- 1 tbsp garlic powder
- 3 tbsp lemon juice, divided
- 1 lb boneless pork chops
- 1 tsp celtic sea salt
- 1 tsp fresh cracked pepper
- 3 tbsp butter or olive oil
- 1/2 lemon, sliced into thin rounds
- 10 cloves garlic, minced
- 1 tbsp parsley, fresh cut, to garnish



### Instructions:

1. Add lemon juice, 2 tbsp olive oil, garlic powder, pork chops, salt, and pepper to a ziploc bag and marinate for at least 3 hours, and up to overnight.
2. Preheat oven to 375 degrees F.
3. Pat pork chops with paper towel to completely dry from any moisture from marinade.
4. Season generously with salt and pepper.
5. Heat a heavy cast iron pan (or oven-safe heavy pan) on medium high until very hot.
6. Add butter or olive oil until melted and foamy or light and shimmery.
7. Add in pork chops, without crowding the pan.
8. Cook until browned on one side - about 3 minutes.
9. Add garlic, lemon slices, lemon juice to pan as you sear the other side.
10. As pork chops brown on the other side, stir garlic slightly and ladle butter/oil, lemon juice, and garlic from pan over the pork.
11. When chops are browned on both sides, transfer to oven and cook until internal temperature reaches 145-150 degrees, about 25 minutes for a thick pork chop.
12. For thin pork chops, only 5-10 minutes in oven might be needed. Use thermometer to gauge how close your pork is to being fully cooked since chops can vary so much!
13. If you go by the older guidelines, it used to be 160 degrees, but the USDA now says 145 is good. Note that pork can still sometimes look a touch pink even when fully cooked, so go by the temperature.
14. Let rest 5 minutes before serving.

## London Broil Marinade

*From Aggie's Kitchen*

This marinade makes about 1/3 cup and works well for a 1 1/2 pound cut of London broil. Place the beef in a large ziplock bag or Pyrex storage dish to marinate. Be sure to move the meat around in the marinade periodically by massaging it through the ziplock bag or flipping it over in the storage dish.

- 1/4 cup Balsamic vinegar
- 2 TB stone ground Dijon mustard
- 1 TB Worcestershire sauce
- 4 garlic cloves, minced (or less depending on your love of garlic!)