



BI-WEEKLY SHOP BULLETIN

THE PENDULUM

Primal news...

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"Nothing is too much trouble if it turns out the way it should." Julia Child

What's in the Box?

- **Ground Beef**
- **Lamb Merguez Sausage**
- **Chicken Breast**
- **Pork Belly**
- **Lard**

Lamb Merguez Sausage

This lamb sausage is made with ground lamb, roasted red peppers, garlic, oregano, paprika, and red wine. We recommend grilling the sausage and serving with couscous and roasted vegetables.

Pork Belly Tacos



Ingredients:

- 1 lbs. pork belly
- 1 cup orange juice
- 1 garlic clove, minced
- 1 [chipotle pepper](#)
- 1/4 tsp. [cumin](#)
- 1 1/2 tsp. fresh lime juice
- 2 tsp. salt
- Flour or corn tortillas
- Cotija cheese
- [Diced tomatoes](#)
- Cilantro
- Chimichurri
- Sliced red onions
- Fresh lime wedges

Instructions:

Combine the pork belly, orange juice, garlic, chipotle pepper, cumin, 1 tsp. of salt and lime juice in the Instant Pot or pressure cooker. Cook on high pressure for 60 minutes. Let the pressure release naturally for 10 minutes, then use the quick release to release any remaining pressure. Heat the oven to 425 degrees. Place the pork belly on a rack over a parchment paper lined baking sheet and sprinkle lightly with the remaining teaspoon of salt. Roast in the oven for 20 minutes until crisp and caramelized. Remove from the oven and let it cool. Once cooled, cut it in small pieces. Assemble your tacos with pork belly, diced tomatoes, fresh cilantro, crumbled cotija cheese and a drizzle of chimichurri sauce.

Refried Beans

Ingredients:

1/2 pound dried pinto or black beans
Water
2 sprigs of oregano
1 medium white onion, 1/2 minced, 1/2 left whole
2 medium cloves garlic
Kosher salt
6 tablespoons lard

Instructions:

In a large pot, cover the beans with cold water by at least 2 inches. Add oregano, the whole onion half, and garlic cloves and bring to a boil over high heat. Reduce heat to simmer and cook until beans are very tender, about 1 to 2 hours. Season with salt. Drain beans, reserving bean-cooking liquid. You should have about 3 cups of cooked beans; if you have more, measure out 3 cups of beans and reserve the rest for another use. Discard herb sprigs, onion, and garlic. In a large skillet, heat lard until shimmering, or butter until foaming, over medium-high heat. Add minced onion and cook, stirring occasionally, until translucent and lightly golden, about 7 minutes. Stir in beans and cook for 2 minutes. Add 1 cup of reserved bean cooking liquid. Using bean masher, potato masher, or back of a wooden spoon, smash the beans to form a chunky purée; alternatively, use a stick blender to make a smoother purée. Reduce heat to medium and cook, stirring, until desired consistency is reached; if refried beans are too dry, add more bean-cooking liquid, 1 tablespoon at a time, as needed. Season with salt and serve.



**Use your lard in
this recipe!**