



THE PENDULUM

Primal news...

AUGUST 7-10, 2019



What's in the Box?

- Beef bacon
- Chicken Parmesan Sausage
- Ground Beef
- Bone In Pork Chops

"When designing a kitchen, always keep in mid the social aspect." -Michael Mina

Beef Bacon

Bacon is cured and smoked pork belly. However, hogs are not the only animal with a belly. Cows have belly meat that can be made into incredibly flavorful bacon. The beef belly is also known as the navel. The navel cut is what the brisket joins into, just a little further down the body. This bacon cooks a bit quicker than pork bacon and has a chewier finish, rather than a crispier one.



Butter Sage Pork Chops

From Savory Experiments

Ingredients

- 2 bone-in pork chops
- 1/4 cup sage leaves whole
- 4 garlic cloves thinly sliced
- 1/2 cup butter divided
- Fine sea salt
- Fine black pepper



Instructions

- 1 Preheat oven to 400 degrees.
- 2 Season both sides of pork chops with a healthy sprinkle of fine sea salt and fine black pepper. Melt 2 tablespoons butter to cast iron skillet over medium-high heat. When hot, add chops, do not move, allow to sizzle and brown for 2 minutes, turn and repeat on other side. Both sides should have a nice, browned crust.
- 3 Continue to brown for 1 minute on each side for 8 minutes. Turning frequently will help them cook evenly all the way through without burning the outside. While doing this, continually spoon garlic, sage and butter mixture over the tops to keep them lubricated. If you have a thinner chop, you will not need to cook for the whole 8 minutes.
- 4 Remove pan from heat and add sage, garlic, and butter, smashing garlic into butter. Tilt skillet and spoon foaming butter and drippings over pork chops, making sure to baste the fat cap as well as the rib.
- 5 Transfer whole dish to oven for 3-5 minutes. Check internal temperature of pork to make sure it has reached 145 degrees. Allow to rest for an additional 3 minutes (I know, it is hard, they are gorgeous) before serving, making sure each has a healthy topping of crispy sage and garlic.
- 6 Cut away bone and slice pork about 1/4" thick. Serve with any juices from the cutting board spooned over top.