



THE PENDULUM

Primal news...

SEPTEMBER 4-7, 2019



What's in the Box?

- **Dealer's Choice Sausage**
- **Lamb Stew Meat**
- **Chicken Drumsticks**
- **Ground Beef**

Dinner is where the magic happens in the kitchen. -Chris Karr

Thanksgiving Turkey Reservations

It's that time again and you all get first dibs on our Thanksgiving Turkeys, raised free range in North Carolina with nothing added, ever — no added hormones, steroids, antibiotics, or anything artificial. The cost is \$6.99 per pound. You can reserve a bird in the 10-14 lb. range and the 16-20 lb. range. We are also offering a heritage breed turkey again this year. These special birds carry the heritage genetics of the traditional Spanish Black turkey, a slow-growing breed believed to be one of the first developed from Native American stocks. We are only getting 25 of these heritage breed turkeys and we feel lucky to be in on this exclusive bird. These heritage birds should be in the 10-15 lb. range. The price per pound on the heritage breeds is \$11.99 per pound. We require a \$20 deposit for each turkey. This \$20 will go towards your bird and you will pay the remaining balance upon pickup. If you would like to reserve, please email dana@pendulummeats.com. Please include your name, phone number, quantity, and size range. We will invoice you for the deposit through Square so that you can pay online within 48 hours.

Lamb Curry

Ingredients:

- 1/4 cup vegetable oil
- 2 bay leaves
- 4 whole cloves
- 10 black peppercorns
- 2 yellow onions chopped
- 1 pound lamb stew meat
- 1 tablespoon ginger minced
- 1 tablespoon garlic minced
- 1 teaspoon cardamom
- 1 teaspoon cinnamon
- 1/2 teaspoon kosher salt
- 1/2 teaspoon turmeric
- 2 teaspoons coriander
- 2 teaspoons garam masala
- 2 cups water
- 1/2 cup tomato puree
- 1/2 cup greek yogurt
- cilantro for garnish (optional)



Instructions:

To a large skillet or dutch oven add the oil on medium heat with the bay leaves, cloves, peppercorns and onions and cook, stirring, for 8-10 minutes. Add in the lamb, ginger, garlic, cardamom, cinnamon, salt, turmeric, coriander and garam masala cooking and stirring for an additional 8-10 minutes. Add in the water and tomato puree and let simmer on medium-low heat for 45 minutes, adding in the yogurt just before serving.

Slow Cooker Honey Garlic Chicken Legs from Recipes Simple

<https://www.recipessimple.com/slow-cooker-honey-garlic-chicken-legs/>

