



THE PENDULUM

Primal news...

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"Laughter is brightest in the place where the food is." -Irish Proverb

What's in the Box?

- Beef Stew Meat
- Chicken Bahn Mi Sausage
- Ground Beef
- Boneless Pork Chops

Asian Beef and Rice

This method of cooking an Asian-style beef can be used with a multitude of different veggies. Using broccoli instead of peppers will give you another meal idea to use on a different night. Place 1 pound of stew meat in a slow cooker and set it to low. Mix 1/4 cup soy sauce, 1 tablespoon hoisin sauce, 1 tablespoon honey, 1 teaspoon sesame oil and 1 teaspoon garlic powder in a small bowl. Pour soy sauce mixture over meat. Cook on low for 6 hours. Add 1 sliced green pepper, 1 sliced red pepper and 1 sliced onion. Continue to cook for an additional hour on low. Remove from slow cooker, serve with rice and sprinkle with sesame seeds.

Fried Pork Chops and Potatoes

Adapted From Southern Living

Ingredients

1.5 lbs. of Yukon gold potatoes, quartered
1 medium yellow onion, quartered
3 tbsp. olive oil
1 tsp. kosher salt
1 tsp. black pepper
1/3 cup plus 1 tbsp. all purpose flour
2 bone in pork chops
3 tbsp. butter
1 cup chicken stock
1/4 dry white wine
2 tbsp. chopped parsley



Instructions

Preheat oven to 450°F. Place potatoes and onion in a rimmed baking sheet. Drizzle with 1 tablespoon olive oil, and sprinkle with 1/2 teaspoon each salt and pepper. Bake in preheated oven until potatoes are golden brown and tender and onions are soft, about 25 minutes. Meanwhile, stir together 1/3 cup flour and 1/2 teaspoon each salt and pepper in a small, shallow dish. Dredge pork chops in flour mixture, evenly coating all sides. Heat remaining 2 tablespoons olive oil in a large skillet over medium-high. Add pork chops, and cook until golden and done. Transfer pork chops to a platter. Melt 2 tablespoons of the butter in skillet. Add 1 tablespoon of the flour, whisking until smooth. Add wine, and cook, stirring and scraping to loosen browned bits from bottom of skillet, until reduced by about one-third, about 2 minutes. Add chicken stock; bring to a boil, and reduce heat to medium-low. Cook, stirring occasionally, until sauce is thickened, about 4 minutes. Serve pork chops with potato mixture and sauce; sprinkle with parsley just before serving.