



THE PENDULUM

Primal news...

SEPTEMBER 18-21, 2019



"Food, to me, is always about cooking and eating with those you love and care for."

David Chang

What's in the Box?

- **Flank Steak**
- **Pork Fried Rice Sausage**
- **Ground Beef**
- **Pendulum Pizza Kit: housemade dough, sauce, mozzarella, and pepperoni**

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.

Grilled Marinated Flank Steak

Ingredients:

Flank Steak

1/3 cup extra virgin olive oil

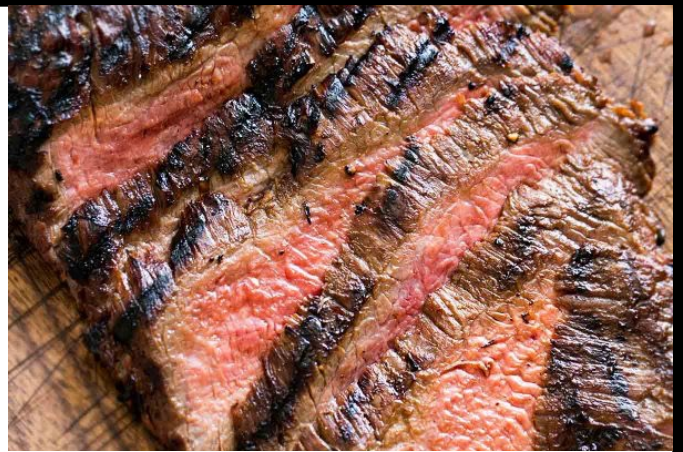
2 cloves garlic, minced

2 tablespoon red wine vinegar

1/3 cup soy sauce

1/4 cup honey

1/2 teaspoon freshly ground black pepper



Instructions:

Combine the marinade ingredients. Place steak in the bowl and turn so that it is completely coated with the marinade. Chill and marinate for at least 2 hours and up to overnight. Remove the steak from the marinade and gently shake off the excess marinade from the steak. Sprinkle generously on all sides with coarse salt and freshly ground pepper. Grill the steak to your desired temperature. Remove from the grill and place on a cutting board. Cover with aluminum foil to hold in the heat while the steak rests for 10 to 15 minutes. Cut the steak across the grain of the meat, at a steep diagonal, so that the slices are wide.

**Pork Fried Rice
Sausage is made with
fried rice, garlic,
carrots, onions, peas,
and a special umami
sauce.**

