



THE PENDULUM

Primal news...

OCTOBER 16-19, 2019



What's in the Box?

The Oktoberfest Box

- 1 lb. Currywurst Sausage
- 1 lb. Pork Cutlets
- 1 lb. Ground Beef
- 2 lbs. Bottom Round Roast

German Schnitzel

Ingredients

Pork Cutlets

Salt & Pepper

1/4 cup all purpose flour, combined with 1 tsp. salt 1 egg, lightly beaten

1/2 cup plain breadcrumbs

Instructions

Lightly season both sides of cutlets with salt and freshly ground black pepper. Place the flour mixture, egg, and breadcrumbs in 3 separate shallow bowls. Dip the chops in the flour, the egg, and the breadcrumbs, coating both sides and all edges at each stage. Be careful not to press the breadcrumbs into the meat. Gently shake off the excess crumbs. Don't let the schnitzel sit in the coating or they will not be as crispy once fried - fry immediately. Make sure the cooking oil is hot enough at this point (about 330 degrees F). Use enough oil so that the Schnitzels "swim" in it. Fry the Schnitzel for about 2-3 minutes on both sides until a deep golden brown. Serve immediately.

Sauerbraten

Ingredients:

1/2 cup water

1 tablespoons sugar

1/4 cup white vinegar 3/4 teaspoons salt

3 black peppercorns 3 whole cloves

2 bay leaves

1 lemon, sliced

2 pound bottom roast, trimmed 3/4 cup sliced onion 8 gingersnaps,
crumbled

Chopped fresh parsley (optional)

Instructions:

Place first 8 ingredients in a large heavy-duty zip-top plastic bag; seal bag. Turn bag to blend marinade. Place roast and onion in bag; seal bag, turning to coat. Marinate in refrigerator 24 hours, turning bag occasionally.

Remove roast from marinade, reserving marinade. Place roast in slow cooker. Strain reserved marinade through a sieve into a bowl, reserving 1 1/2 cups; discard remaining liquid and solids. Pour 1 1/2 cups strained marinade over roast. Cover and cook on LOW for 5 hours or until roast is tender.

Remove roast from slow cooker; cover and keep warm. Add gingersnap crumbs to liquid in slow cooker. Cover and cook on LOW for 8 minutes or until sauce thickens; stir with a whisk until smooth. Serve sauce with roast. Garnish with parsley, if desired.



The History of Currywurst

As the story goes, Herta Heuwer owned an Imbiss (small take away place) on the corner of Kant & Kaiser-Friedrich Straße. She was able to get some Ketchup, Worcestershire Sauce (although this ingredient is disputed...) and Curry Powder from some British Troops. She combined them, poured the sauce over a Bratwurst, and on September 4, 1949, served her first Currywurst. The combination was a huge hit! And Currywurst became the semi-official food of Berlin.