



THE PENDULUM

Primal news...

OCTOBER 30-NOVEMBER 2, 2019



*"Cooking and baking is both physical and mental therapy."
Mary Berry*

What's in the Box?

- **Pumpkin Sausage**
- **Ground Lamb**
- **Ground Beef**
- **Chicken Breast**

Pumpkin Sausage

Our pumpkin sausage is made with ground pork, roasted pumpkin, ginger, cinnamon, allspice, nutmeg, cloves, and beer. It is delicious with risotto, wild rice, or roasted potatoes.



Garlic & Rosemary Lamb with Potatoes



Ingredients:

- 3 tablespoons oil
- 1 pound ground lamb
- 3 (russet) potatoes, cubed
- 1 onion, diced
- 1 Serrano pepper, minced
- 5 teaspoons minced garlic
- 2 tablespoons minced rosemary (fresh)
- 1 1/2 teaspoons salt, adjust to taste
- 1 teaspoon black pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon turmeric

Instructions:

Heat oil in a large skillet or a dutch oven/heavy bottomed pot over medium heat, then add the ground lamb, potatoes, onion and Serrano pepper and cook for 10 minutes. The meat should be fully browned. Add the garlic, rosemary, salt, pepper and stir-fry for 1-2 minutes. Cover with a lid for 2-3 minutes or until the potatoes are cooked through. Add the paprika and turmeric and mix well. Delicious topped with a fried egg or served over rice.

Thanksgiving Turkeys

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 10-15 lb. range and the 15-20 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.