



PRIMAL CSA NEWSLETTER

THE PENDULUM

JANUARY 8-11, 2020



"Write it on your heart that every day is the best day in the year." Ralph Waldo Emerson

What's in the Box?

- **Bone In Pork Chops**
- **Ground Lamb**
- **Chicken and Dumpling Sausage**

Pork Chops with Rosemary

Ingredients:

Bone In Pork Chops

Kosher salt and ground black pepper

1 Tbsp fresh rosemary finely chopped

2 cloves garlic finely minced or grated

1/2 cup unsalted butter melted

1 tbsp olive oil

Instructions:

Preheat the oven to 375 degrees F. Mix the melted butter, rosemary, and garlic together in a small bowl and set aside. Season the pork chops on both sides with kosher salt and pepper. Place a large cast iron or oven-safe skillet over medium heat and add olive oil. When the oil is shimmering, add the pork chops. Cook for 4 minutes or until golden brown on the first side, flip over and cook for an additional 4 minutes. Use a pastry brush and brush the butter, garlic, rosemary mixture generously over the pork chops. Place the skillet in the oven and cook the pork chops for 10-12 minutes, or until a meat thermometer inserted in the thickest part of the meat registers 145 degrees F. Remove the chops from the oven, place on a plate or cutting board, and cover with aluminum foil or a plate. Let the pork chops rest for 3 minutes and then serve.



BUCATINI WITH LAMB RAGU

Ingredients:

- * 2 Tbs. extra-virgin olive oil
- * 1 small white onion, diced
- * 2 carrots, diced
- * 2 stalks celery, diced
- * 4 or 5 cloves garlic, minced
- * 1 pound ground lamb
- * 1 tsp cinnamon
- * 1 tsp smoked paprika
- * 1 pinch crushed red pepper
- * 2 Tbs. tomato paste
- * 2 Tbs. fresh thyme and rosemary leaves
- * 1 (28 oz) can whole peeled tomatoes, crushed with your hands in a bowl
- * 1 bay leaf
- * 1 Tbs. honey
- * 1 pound bucatini
- * coarse salt and freshly ground pepper
- * 1/2 cup freshly chopped parsley
- * freshly grated parmesan for garnish



Instructions:

Heat the oil in a large sauté pan over medium-high. Add the onions and sweat for 2 minutes. Then add the carrots and celery; sauté until they start to soften, 4 minutes. Add the garlic and sauté another minute. Throw in a pinch of salt and pepper.

Add the lamb and cook until browned all over, maybe 5 minutes. Add the cinnamon, paprika, crushed red pepper, tomato paste and herbs. Toss until it's all combined, a good couple of minutes.

Add the hand-crushed tomatoes to the pan, the honey and bay leaf. Throw the lid on and let it simmer on low for as long as you want. The longer the better. Then taste it, add additional salt and pepper as needed.

Boil the pasta until just al dente. Add the pasta to the pan and toss. Throw in a good handful of chopped parsley and freshly grated parmesan. Give it another toss.

I Don't Think You're Ready for this Jelly

Learn the basic fundamentals of canning as you make your own take home jars of pepper jelly. You'll learn various skills and techniques to take your pepper jelly from easy spreadable to high end crostini. We will be sampling foods that compliment the pepper jelly throughout the class so save some room for snacks. \$50 Class Fee. Monday, January 27th at 7pm. Email dana@pendulummeats.com to reserve your spot.

