



THE PENDULUM

Primal news...

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"Faites Simple." Make it simple. It's a classic Escoffier philosophy that makes a lot of sense, but it's surprisingly difficult to follow.

What's in the Box?

- **Chicken Banh Mi Sausage**
- **Bone In Pork Chops**
- **Ground Beef**
- **Pizza Kit - Dough, Sauce, Fresh Mozzarella, and Pepperoni**

What can I Make for Dinner with Banh Mi Sausage?

There are so many ways to enjoy Pendulum's Banh Mi sausage. We grind chicken with carrots, daikon radish, ginger, cilantro, garlic, Hoisin, and Sriracha and case it. Grill it up and serve it on a roll topped with pickled carrots and cilantro, add some Sriracha mayonnaise. Take it out of the casing and cook up for the perfect lettuce wraps. Use it in fried rice. Serve it with rice noodles and vegetables. The possibilities are endless.



Slow Cooker Stuffed Peppers

INGREDIENTS:

1 pound ground beef (does not need to be cooked prior)
1 1/2 cups cooked rice
1 1/2 cups shredded cheddar cheese, divided
1 (15-ounce) can black beans, drained and rinsed
1 cup corn kernels, frozen, canned or roasted
1 cup salsa
2 tablespoons chopped fresh cilantro leaves
1 teaspoon cumin
1/2 teaspoon chili powder, or more to taste
Kosher salt and freshly ground black pepper, to taste
6 bell peppers, tops cut, stemmed and seeded
2 tablespoons sour cream, optional



INSTRUCTIONS:

Lightly coat the inside of a 6-qt slow cooker with nonstick spray. In a large bowl, combine beef, rice, 1 cup cheese, black beans, corn, salsa, cilantro, cumin and chili powder; season with salt and pepper, to taste. Spoon the filling into each bell pepper cavity. Place peppers into the slow cooker. Cover and cook on low heat for 3-4 hours or high for 2-3 hours, or until the peppers are tender and the beef is cooked through. Uncover and top with remaining 1/2 cup cheese. Cover and cook on low heat for an additional 10-15 minutes, or until the cheese has melted. Serve immediately, drizzled with sour cream, if desired.

Cast Iron Skillet Pizza

First, you'll need to preheat the oven to 525°—or as hot as it'll go. Stretch the dough out, working it into a flattened round. Then, set a 9-12" cast-iron pan over a burner set to medium-high. You want to preheat the pan so it's hot but not smoking (just watch your hands—and don't grab the handle!). Although any size pan is really fine, keep in mind that the smaller the pan, the thicker the crust will be. If deep dish-style pizza is your jam, go for the 9". If you want a crispier crust, use a larger pan. Sprinkle the hot pan with cornmeal and flour, and set the dough snugly in the pan (again, watch your fingers). Pull the sides of the dough up the sides of the pan so it doesn't slump back down, being sure to distribute the dough evenly for no thin patches. Brush the top of the dough with olive oil and let it start cooking over the burner. Once the dough starts to bubble, season with salt and pepper and add marinara sauce. Spread the marinara over the dough, and don't worry about leaving too much space for a crust. Top with mozzarella cheese and toppings. Slide that pizza into the oven and let it bake for 10-15 minutes until the cheese is melted, bubbling, and golden. Let it rest a few minutes and slice.