



BI-WEEKLY SHOP BULLETIN

# THE PENDULUM

*Primal news...*

MARCH 4-7, 2020



## What's in the Box?

- **Corned Beef**
- **Pickling Spices**
- **Irish Bangers Sausage**
- **Ground Beef**
- **Chicken Breasts**

**"LAUGHTER IS BRIGHTEST WHERE FOOD IS BEST." -IRISH PROVERB**

## **Corned Beef Boiled Dinner**

Bring 3 to 4 quarts of water to a boil, add the spice mixture. Reduce to a low simmer and put in the brisket. After 1.5 hour add cabbage and onion if desired. When brisket is fork tender (a fork can be inserted, and it slips off. No more grip on the fork or skewer) (about 2 to 3 hours) add potatoes if desired and cook for 15 to 30 minutes depending on the size of potatoes used.



# Bangers and Mash

## INGREDIENTS

### *THE MASH:*

3 pounds russet potatoes, roughly peeled and cut into chunks

1 stick unsalted butter

3/4 to 1 cup whole milk

1/4 cup creme fraiche

2 tablespoon Dijon mustard

1-1/4 teaspoon kosher salt

1/4 teaspoon black pepper

### *THE BANGERS:*

Irish banger sausages

1 heaping teaspoon bacon fat or butter

### *THE ONION GRAVY:*

1 large yellow onion, sliced

1 to 2 cloves garlic, finely minced

3 tablespoons all-purpose flour

1/2 cup red wine

2 cups beef stock

Salt and pepper, to taste



**SERVE WITH:** buttered peas, chopped fresh parsley, and crust bread

## INSTRUCTIONS

Preheat your oven to 350 degrees. Add the bacon fat to a 12-inch cast iron skillet and heat on medium to medium-high. Brown the sausages on all sides before sliding the pan into your preheated oven and bake for 15 minutes. Transfer the sausages to a cutting board, tent with foil and let rest for 5 minutes before cutting in half. Transfer the sausages to a bowl and cover with foil to keep warm. Place potatoes in a large pot and fill with water. Cover and bring to a boil, once at a boil cook for 20 to 30 minutes or until the potatoes are fork tender. Reduce the heat to low. Using the lid to the pot, drain the potatoes and add in 1/2 cup of milk and 6 tablespoons of butter. Cover and let the potatoes cook in the milk and butter for 5 minutes. Remove the pot off of the heat and mash the potatoes with a potato masher. Add in the creme fraiche, mustard, salt, pepper and remaining 2 tablespoons of butter and 1/4 to 1/2 cup milk. Mash until desired consistency. Cover and keep warm on low heat. Meanwhile, heat the drippings in the skillet over medium-low heat. Add the onions and a pinch of salt, stir to coat and continue to cook until caramelized. About 30 minutes. Scoot the onions off to the side and add the minced garlic. Cook for one minute before stirring it into the onions. Stir in the flour and cook for 2 minutes before pouring in the wine. Once the wine has reduce and has been absorbed by the flour, stir while pouring in the beef broth/stock. Bring the gravy up to a bubble and simmer until thickened. Season the gravy with salt and pepper and add in the sausages and heat through. Serve the bangers on the mashed potatoes with spoonfuls of the caramelized onion gravy over top. Sprinkle with chopped fresh parsley, more black pepper and next to buttered peas and a hunk of crusty bread.