



PRIMAL CSA NEWSLETTER

# THE PENDULUM

OCTOBER 14-17, 2020



"The kitchen is the heart of every home, for the most part. It evokes memories of your family history." -Debi Mazar

## What's in the Box?

- **Whole Chicken**
- **1 lb. Ground Beef**
- **1 lb. Pumpkin Sausage**
- **Pendulum Housemade Chicken Stock**
- **Grana Padano Cheese**

## Natte Valleij Cinsault

2018, South Africa, 12.5%



This is a fun dry red that loves food! Bright red cherries and pomegranate with mild spice and lingering finish. This wine will pair great with both recipes in this newsletter! The richness of the risotto with that little bit of pork fat will compliment the dryness. At the same time, the wine is soft enough to pair with the chicken, especially with dark meat! In shop, this wine is \$22, but we are offering it to CSA members this week to add on for \$18. Please email [dana@pendulummeats.com](mailto:dana@pendulummeats.com) by Tuesday at noon to add a bottle to your CSA pickup next week.

## Risotto with Pumpkin Sausage

### Ingredients

- 2 cups chicken stock
- 2 Tablespoons butter
- 1 small onion, finely chopped
- 2/3 cup arborio rice
- 1/2 cup dry white wine
- 1/4 cup grand padano cheese



### Instructions

Heat the chicken stock in a saucepan until it's simmering, then reduce heat to low. In a separate large frying pan, melt the butter and sauté the onion until soft, but not browned. Add the rice and reduce the heat to low. Stir well to coat the grains of rice in the butter, for about 2 minutes. Add the wine to the rice and turn the heat up to medium. Cook, stirring the rice continuously, until all the liquid has been absorbed (about 5 minutes). Add 1/2 of the warmed chicken stock slowly, stirring continuously so the rice cooks evenly. Continue stirring and cooking over medium heat until most of the liquid is absorbed, then repeat with second half of stock. Continue stirring until liquid is absorbed again and the rice is al dente, and the risotto has a nice creamy texture. This will take around 20 minutes of cook/stir time. Remove from heat as soon as the rice is soft and completely cooked. Stir in the grand padano cheese, top with cooked pumpkin sausage, and serve.

## *Fall Apple Cider Roasted Chicken*

### INGREDIENTS

- 1/2 cup raw walnuts
- 2 tablespoons honey
- 8 ounces goat cheese softened
- 2 tablespoons fresh sage chopped
- 2 teaspoons fresh rosemary chopped
- 2 tablespoons olive oil
- salt and pepper to taste
- 1 whole chicken
- 1 clove head of garlic, bottom sliced off
- 2 apples quartered
- 4 tablespoons butter
- 1 1/2 pounds fresh red grapes
- 3 cups apple cider

### INSTRUCTIONS

Preheat oven to 425 degrees F. Place a small skillet over medium heat. Add the walnuts + honey and cook until toasted and caramelized, about 5 minutes. Remove the walnuts from skillet and spread out on a plate in a single layer. Allow to cool and then finely chop the walnuts. In a small bowl, mix together the goat cheese, chopped walnuts, sage and rosemary. Generously salt and pepper the inside of the chicken. Stuff the cavity with garlic and 1 quartered apple. Slide your hand between the meat and skin of the chicken and then carefully stuff the goat cheese mixture under the skin, pushing it as far back as you can get it without actually ripping the skin. Sprinkle remaining goat cheese around the grapes before roasting. Rub the chicken all over with olive oil and then sprinkle generously with salt + pepper. Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken. Place the grapes and remaining apples in a roasting pan or large cast iron skillet. Drizzle with salt, pepper and olive oil. Add a few fresh sage leaves and any remaining goat cheese. Place chicken onto the grapes. Add four tablespoon size pats of butter around the chicken. Roast the chicken for 1 to 1 hour 15 minutes, or until done. Add the cider to a medium size pot and bring to a boil, reduce the heat and simmer until it thickens and is reduced by about half. Halfway through cooking the chicken, brush the bird with half of the cider. About 5 minutes before the chicken is done cooking, brush it again with the remaining cider. If desired, you can also reserve some cider for serving. Allow chicken to rest before serving.

