



PRIMAL CSA NEWSLETTER

THE PENDULUM

JANUARY 20-23, 2021



"Don't be afraid to do whatever you want. Cooking doesn't have to have rules." — Masaharu Morimoto

What's in the Box?

- **1 lb. Chicken Breast**
- **1 lb. Skirt Steak**
- **1 lb. Ground Beef**
- **1 lb. Smoked Andouille Sausage**
- **1 Quart Pork Stock**

Pinot Noir Climat Haute Vallée

Pair with Lentil and Sausage Soup

\$16

Delicious, unpretentious pinot noir from Burgandy. Beautiful fruit with a little earthiness. Intense dark red ruby in color. Aromas of small black fruits, licorice and spices. This wine is complex, rounded and full of flavor.

To add a bottle on to your CSA,
send an email to
dana@pendulummeats.com.



Lola Pinot Noir

Pair with Ginger Beef Stir Fry

\$20

The 2018 vintage was exceptional across the board for Pinot Noir grown in Northern California! A deep, garnet color and aromas of black cherry, blue fruits and cola overlaying a beautiful fresh mouth-feel that is balanced with bright crisp acidity.

To add a bottle on to your CSA,
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Ginger Beef Stir Fry

From Delish

INGREDIENTS

- 1 lb. skirt steak, thinly sliced into 1/4" strips
- Kosher salt
- Freshly ground black pepper
- 3 tbsp. cornstarch
- 1 tsp. plus 1 tbsp. canola oil, divided
- 1 lb. green beans, trimmed
- 3 cloves garlic, minced
- 3" piece of ginger, peeled and grated
- 1/4 c. soy sauce
- 1 tbsp. rice wine vinegar
- 3 tbsp. sugar
- 2 green onions, chopped
- 1 tbsp. sesame seeds

Instructions

1. Place beef in a large mixing bowl and pat dry with paper towels. Season with salt and pepper, toss with cornstarch until well coated, and set aside.
2. In a large skillet over medium-high heat, drizzle 1 teaspoon oil and cook green beans 1 minute. Add 2 tablespoons water and cover with a lid to steam, 1 minute more. Transfer green beans to a plate and discard any excess water.
3. Return skillet to high heat and add remaining tablespoon oil. When oil is almost smoking, add beef. Stir-fry until beef is almost cooked through, 2 to 3 minutes. Reduce to medium heat and add garlic, ginger, soy sauce, vinegar, and sugar; stir quickly to coat the beef. Add back green beans, then top with green onions and sesame seeds. Serve immediately. We served it over rice.



Lentil Soup with Andouille Sausage

Ingredients:

- 1 ½ tablespoons olive oil, divided
- 1 lb. Andouille Sausage
- 1 large onion, chopped
- 3 medium carrots, peeled and chopped
- 3 stalks celery, chopped
- 3 cloves garlic, finely chopped
- 1 tbsp. chopped fresh rosemary (or 1 teaspoon dried)
- 1 bay leaf
- 2 tablespoons tomato paste
- 8 ounces green lentils, rinsed
- 1 quart pork stock
- 4 cups roughly chopped Swiss chard, kale, or spinach
- 1 tablespoon balsamic vinegar
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- Optional: grated Parmigiano-Reggiano cheese for topping

Instructions:

In a large Dutch oven or other heavy bottomed pot, heat ½ tablespoon oil over medium-high heat. Add the sausage and cook through. Remove sausage and set aside. Add the remaining tablespoon oil to the pot along with the onion, carrot and celery. Cook until slightly softened, 4-5 minutes. Stir in the garlic, rosemary, bay leaf and tomato paste and cook until fragrant, about 1 minute. Add the lentils, stock and 4 cups water. Bring to a boil, then lower the heat and simmer with the lid slightly ajar until lentils are tender, about 30 minutes. Stir in the greens, vinegar, salt, pepper, and sliced sausage and cook until the greens are wilted and the sausage is heated through, 3-4 minutes. Adjust seasoning to taste. Serve with Parmigiano-Reggiano cheese, if desired.

