



PRIMAL CSA NEWSLETTER

THE PENDULUM

MAY 26-29, 2021



"I read recipes the same way I read science fiction. I get to the end and say to myself "well, that's not going to happen."
-Rita Rudner

What's in the Box?

- **2 NY Strip Steaks**
- **1 lb. Ground Beef**
- **1 lb. Dealer's Choice Sausage**
- **1 lb. Chicken Breasts**

How to Sear Your NY Strips

Preheat oven to 400 degrees. Preheat cast iron skillet over high heat until lightly smoking. Pat meat dry with paper towels. Season with salt. Swirl beef tallow or vegetable oil in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black. Put skillet in the oven for 5-7 minutes. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minute.



Chicken Piccata

INGREDIENTS

2 large boneless skinless chicken breasts
(*cut in half length-wise*)
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup all-purpose flour
1 tablespoon olive oil
6 tablespoons unsalted butter (*divided*)
1 cup white wine
3 tablespoons freshly squeezed lemon juice
4 tablespoons capers



INSTRUCTIONS

Sprinkle both sides of each chicken breast liberally with salt and pepper. Place flour in a shallow bowl and dip each chicken breast to coat. Coat both sides, and shake off any excess. Set aside. Heat a large skillet with olive oil and 3 tablespoons butter over medium/high heat. Once butter is melted and butter/oil begin to shimmer/crackle, add the chicken. Brown the chicken for 3-4 minutes per side, until the internal temperature reaching 165F. Remove chicken from skillet and set aside on a foil tented plate.

Add the white wine, lemon juice, and capers to the pan and lightly scrape the bottom of the pan to deglaze. Add the remaining 3 tablespoons butter and allow to melt. Reduce to a simmer and allow to cook for 5 minutes to slightly thicken. Return chicken to the skillet and baste in the sauce. Allow to simmer until chicken is heated through. Serve over pasta or with roasted potatoes.

Diatom Bar-M Los Alamos Valley Chardonnay

Regularly \$29
CSA Member Price \$25



Pair with
the
Chicken
Picatta

Latta Kind Stranger Cabernet Sauvignon

Regularly \$22
CSA Member Price \$19



Pair with
your
NY Strip
Steaks

Email sales@pendulummeats.com to a
add one or both bottles on to your CSA pickup.