



THE PENDULUM

AUGUST 24-27, 2016



"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world." -J.R.R. Tolkien

What's in the Box? August 24-27, 2016

Pork Stew Meat

Chicken Thighs

Ground Lamb

Cheddarwurst Sausage

Pepperoni Pizza Kit

- **Pendulum pizza dough**
- **Pendulum mozzarella**
- **Pendulum pizza sauce**
- **Sliced pepperoni**

Cast Iron Skillet Pepperoni 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 pepperoni. 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.



Lamb Ragu

Ingredients

- * 2 Tbs. extra-virgin olive oil
- * 1 small white onion, diced
- * 2 carrots, diced
- * 2 stalks celery, diced
- * 4 or 5 cloves garlic, minced
- * 1 pound ground lamb
- * 1 tsp cinnamon
- * 1 tsp smoked paprika
- * 1 pinch crushed red pepper
- * 2 Tbs. tomato paste
- * 2 Tbs. fresh thyme & rosemary
- * 1 (28 oz) can whole peeled tomatoes, crushed by hand
- * 1 bay leaf
- * 1 Tbs. honey
- * 1 pound bucatini
- * Coarse salt and fresh pepper
- * Parsley and Parmesan for garnish



Instructions

Heat the oil in a large sauté pan over medium-high heat. Add the onions and sweat for 2 minutes. Then add the carrots and celery; sauté until they start to soften, 4 minutes. Add the garlic and sauté another minute. Throw in a pinch of salt and pepper. Add the lamb and cook until browned all over, maybe 5 minutes. Add the cinnamon, paprika, crushed red pepper, tomato paste and herbs. Toss until it's all combined, a good couple of minutes. Add the hand-crushed tomatoes to the pan, the honey and bay leaf. Throw the lid on and let it simmer on low for as long as you want. The longer the better. I let mine go for 2 hours! Add pasta to the pan and toss.

How to Cook Cheddarwurst Sausage

Boil in a cheap beer you have on hand and then finish on the grill or in a skillet on the stove top. Serve on your favorite bun or just by itself!



Slow Cooker Basil Chicken

Ingredients:

Skinless chicken thighs

3 tablespoons olive oil, plus extra as needed

Kosher salt and freshly ground pepper, to taste

Coconut Curry:

1 (13.5 oz.) cans coconut milk

3-4 cloves garlic, minced

1 jalapeños, ribs and seeds removed, finely chopped

1/2 red onion, finely chopped

1/8 cup fresh cilantro, chopped

1 tablespoons dried basil

3/4 tablespoons yellow curry powder

1/2 tablespoon cornstarch

1 teaspoons salt

1/2 teaspoon fresh ginger, grated

1/2 teaspoon chili powder

1/4 teaspoon pepper

1/4 cup fresh Thai basil, chopped, garnish

Naan or coconut rice, garnish



Instructions:

Heat olive oil in a large skillet over medium-high heat and, once oil is shimmering, sear both sides of (seasoned) chicken thighs in batches, making sure to let oil heat up again before searing the next batch. Combine coconut milk, dried basil, curry powder, chili powder, and salt and pepper to the slow cooker insert, and stir together until incorporated. Place seared chicken, red onions, jalapeños and garlic to the slow cooker, and stir everything together. Cover slow cooker and cook on high for 3-4 hours, or on low for 6-8, until chicken is cooked through. Once cooked through, use two forks to shred into small pieces. Create a slurry by whisking cornstarch with 2 tablespoons cold water in a small bowl or glass. Once smooth, pour slurry, along with fresh ginger, into the slow cooker. Return shredded chicken to the slow cooker, then stir everything together. Cover and cook for another 10-15 minutes, or until mixture has thickened. Stir in fresh basil and cilantro, then serve with sticky rice or naan.

Pork Chile Colorado

Ingredients

1 lb pork stew meat
1/8 cup flour
1-2 tbsp Coconut Oil
3 oz Tomato Paste
1 cup Beef Stock
1 tsp Chipotle Powder
1 tsp Cayenne
1 tsp Onion Powder
1 tsp Garlic Powder
1 tsp Smoked Paprika
1 tsp Coriander
1/2 tsp Salt



Instructions

Cube the pork & season with salt & freshly ground pepper. In a plastic bag add the pork & flour. Close and shake to coat or dredge & shake off the excess. Heat the coconut oil in a Dutch oven or heavy bottomed stock pot with a lid over medium high heat. Add the pork and brown well. Add the spices to the pot. Add the tomato paste & stock. Stir well making sure to scrape any brown bits from the bottom. Cover, bring to a boil, reduce heat to low & cook for about 2 hours stirring occasionally. Serve over rice, or in tacos or burritos.

We always love when you share your recipes and ideas with us. Has there been something you loved in the CSA that you want to see again? Please email dana@pendulummeats.com.

Don't forget to share your Primal Meat CSA pictures on our Facebook page.

