



BI-WEEKLY SHOP BULLETIN

THE PENDULUM

Primal news...

DECEMBER 28-31, 2016



*"Ring out the false, ring in the true."
-Alfred Lord Tennyson*

What's in the Box? December 28-31, 2016

Ground Beef

Chicken Thighs

Bone in Pork Chops

Beef Tallow Candle

Pizza Kit - Pendulum pizza dough, housemade sauce, 1/2 lb. mild Italian sausage, housemade mozzarella, and assorted pepperoni and salami

Pendulum Pizza Kit

We have included some of our favorite products in this kit. Did you know that we make pizza dough and sell it in the shop? On Saturdays, we make fresh mozzarella. Enjoy our housemade marinara sauce and make your meat pizza with our mild Italian sausage, pepperoni, and sopressata.



Spicy Roasted Chicken Thighs

Ingredients:

Chicken thighs, pierced all over with a small knife
2 cloves garlic, peeled
1/2 of a 2-inch piece fresh ginger root, peeled
1/4 small jalapeño pepper, seeded, or cayenne to taste
Juice and zest of 1/2 lemon
1 tablespoons tomato paste
1/4 teaspoon salt, or to taste
1/2 teaspoon cumin powder
1/2 teaspoon coriander seeds or ground coriander



Put chicken thighs in a bowl. Mince garlic, ginger and pepper. Toss with all remaining ingredients or put in a small food processor, and grind to a paste. Rub mixture thoroughly into chicken. At this point, you can cover, and refrigerate for up to a day. Heat oven to 400 degrees. Put thighs in a roasting pan. Roast for 35 to 45 minutes or until done.

How to Sear a Pork Chop

Pat the chop dry with a paper towel and season with salt and pepper liberally. Don't be afraid to use the salt and pepper! Heat a cast iron or black steel pan over high heat. Create an even layer of oil around the whole pan. As you see the whips of smoke, add the pork chops to the pan. Sear on each side for 30-45 seconds. Transfer to oven safe dish and bake at 350 until an internal temperature of 145 degrees.

Beef Tallow Candles

Be the hit of your New Year's Party or Dinner with this candle. Heat a plate in the oven, take the candle out of the container, and place on the warm plate. Light the candle. As the candle melts, did your bread in the melted tallow. It is seasoned with various spices and makes the perfect dipping oil.

