



BI-WEEKLY SHOP BULLETIN

THE PENDULUM

Primal news...

FEBRUARY 10-13, 2016



"Cooking is like love. It should be entered into with abandon or not at all."
-Harriet van Horne

What's in the Box? *The Valentines Box* February 10-13, 2016

- (2) 8 oz Tenderloin Filets
- 2013 Beelgara Shiraz Wine
- 4 oz Beef Tallow
- 1 lb Chicken Thighs
- 1 lb Ground Beef

Greek Ziti

Ingredients

12 ounces ziti pasta
1 small yellow onion, chopped
1 tablespoon olive oil
2 garlic cloves, minced
1 pound lean ground beef
2 (15-oz.) cans tomato sauce
1 tablespoon fresh lemon juice
1 1/2 teaspoons dried oregano
1 teaspoon sugar
1/2 teaspoon ground cinnamon
1 1/2 teaspoons kosher salt, divided
3 tablespoons butter
3 tablespoons all-purpose flour
3 cups milk
1 cup grated Parmesan cheese
1/2 teaspoon freshly ground black pepper
Vegetable cooking spray
8 oz. shredded mozzarella cheese
1/3 cup fine, dry breadcrumbs

1. Preheat oven to 350°. Cook pasta in a Dutch oven according to package directions.

2. Meanwhile, sauté onion in hot oil in large skillet over medium-high heat 4 to 5 minutes or until tender. Add garlic; sauté 30 seconds. Add beef; cook, stirring occasionally, 5 minutes or until crumbled and no longer pink. Drain mixture, and return to skillet.

3. Stir tomato sauce, next 4 ingredients, and 1 tsp. salt into meat mixture. Bring to a simmer over medium-high heat, and cook, stirring occasionally, 2 minutes. Remove from heat.

4. Melt butter in a large saucepan over low heat. Whisk in flour and cook, whisking constantly, 2 minutes. Gradually whisk in milk. Increase heat to medium and cook, whisking constantly, 5 to 7 minutes or until thickened and bubbly. Stir in Parmesan cheese, pepper, and remaining 1/2 tsp. salt. Add sauce to pasta, stirring to coat.

5. Transfer pasta mixture to a lightly greased (with cooking spray) 13 x 9 inch baking dish. Top with beef mixture, mozzarella cheese, and breadcrumbs.

6. Bake at 350° for 20 to 25 minutes or until mixture is bubbly and cheese is melted. Let stand 10 minutes before serving.



Lemon Butter Chicken

Ingredients

4 bone-in, skin-on chicken thighs
½ tablespoon smoked paprika
Kosher salt and freshly ground black pepper, to taste
1 ½ tablespoons unsalted butter, divided
1 ½ cloves garlic, minced
½ cup chicken broth
¼ cup heavy cream
¼ cup freshly grated Parmesan
Juice of ½ lemon
½ teaspoon dried thyme
1 cups baby spinach, chopped

Instructions

Preheat oven to 400°. Season chicken thighs with paprika, salt and pepper to taste. Melt 1 tablespoon butter in a large oven-proof skillet over medium high heat. Add chicken, skin-side down, and sear both sides until golden brown, about 2-3 minutes per side; drain excess fat and set aside. Melt remaining tablespoon butter in the skillet. Add garlic, and cook, stirring frequently, until fragrant, about 1-2 minutes. Stir in chicken broth, heavy cream, Parmesan, lemon juice and thyme. Bring to a boil; reduce heat, stir in spinach, and simmer until the spinach has wilted and the sauce has slightly thickened, about 3-5 minutes. Return chicken to the skillet. Place into oven and roast until completely cooked through, reaching an internal temperature of 175 degrees F, about 25-30 minutes. Serve immediately.



2013 Beelgara Estate Range Shiraz

A lively, vibrant, rich Australian Shiraz. The wine is packed with flavors of dark red and black fruits supported with ripe oak flavors. Spice, cinnamon, black pepper and plums to name but a few of the fast array of characters.

The palate is medium bodied and very true to style; this is very typical style of expressive wine that has made Australian wine so popular. Plums mix with black berries and some spice and sweet American oak influences. Crisp acid, balanced alcohol with silky sweet tannins allows the wine to have a long bold yet clean finish. So typically Australian!

How to Sear the Perfect Steak

Preheat cast iron skillet over high heat until lightly smoking. Preheat oven to 400 degrees. Pat meat dry with paper towels. Season with salt. Swirl our housemade beef tallow 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 3 minutes. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minute.

Pendulum Asado Dinner Series

This is the first of a three part Asado Dinner to be held at Pendulum over the course of 2016. The Asado Dinner would consist of a huge rare tuscan steak and some basic accompaniments, served family style, paired with wines themed for each dinner. Each place setting will include recipe cards so that attendees can recreate the dinner at home. The cost is \$50 per person. It is not necessary to attend all three dinners, however attendees at the first dinner will have preference for reservations to the subsequent dinners.

For reservations, email dana@pendulummeats.com

Dinner #1 - Barolo - February 25, 2016 at 7:00 PM

Col di Rocca Brut Prosecco

Albino Rocca Nebbiolo d'Alba 2013

Alessandro Veglio Barolo 2009

Domenico Clerico Barolo 2011

Dinner # 2 - Tuscan Wines - Summer 2016

Dinner #3 - Sherry - Fall 2016

