



THE PENDULUM

Primal News...

FEBRUARY 24-27, 2016



PRIMAL MEAT CSA

THE WAY TO CSA

"A recipe has no soul. You as the cook must bring soul to the recipe."

-Thomas Keller

What's in the Box?

Week of February 24-27, 2016

- **1.5 lb Pork Spare Ribs**
- **1 pint of housemade BBQ sauce**
- **1 lb Beef Stew Meat**
- **1 lb Bahn Mi Sausage (uncased)**
- **1 lb of Boneless Skinless Chicken Breasts**

Ingredients:

- 1 pound beef stew meat
- 1 1/2 cups thinly sliced carrot
- 1 1/2 cups thinly sliced celery
- 2/3 cup chopped onion
- 1 (8-ounce) package sliced mushrooms
- 4 cups beef broth
- 1 bay leaf
- 2/3 cup uncooked pearl barley
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Directions:

Heat a Dutch oven over medium-high heat. Coat pan with cooking spray. Add beef to pan; cook 4 minutes or until browned, stirring frequently. Remove beef from pan. Add carrot, celery, onion, and mushrooms to pan; cook 6 minutes or until liquid almost evaporates. Add beef, beef broth and bay leaf. Bring to a simmer over medium-high heat. Cover, reduce heat, and simmer 1 1/2 hours or until beef is tender, stirring occasionally. Stir in pearl barley; cover and simmer 30 minutes or until pearl barley is tender. Stir in salt and pepper. Discard bay leaf.

Beef Barley Soup

Need beef broth for this recipe? Pick up some of our housemade beef stock in the shop. Want some delivered with your CSA? Email dana@pendulummeats.com and we will get it added to your order.



Creamy Curried Chicken

Ingredients:

1 pound boneless skinless chicken breasts,
cut into 1-inch pieces
2 teaspoons curry powder
3/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup chopped onion
1 tablespoon canola oil
1 can (13.66 ounces) coconut milk
2 tablespoons tomato paste
3 cups fresh baby spinach
1 cup chopped tomato
Rice



Directions:

Sprinkle the chicken with curry, salt and pepper. In a large skillet, sauté chicken and onion in oil until chicken is no longer pink. Stir in coconut milk and tomato paste. Bring to a boil. Reduce heat and simmer, uncovered, for 5 minutes or until thickened. Add spinach and tomato; cook 2-3 minutes longer or until spinach is wilted. Serve with rice.

DIRECTIONS

Preheat oven to 300 degrees. Mix together brown sugar, salt, and garlic powder to make a rub. Apply rub to ribs on all sides. Lay ribs on two layers of foil, shiny side out and meaty side down. Lay two layers of foil on top of ribs and roll and crimp edges tightly, edges facing up to seal. Place on baking sheet and bake for 2-2 1/2 hours or until meat is starting to shrink away from the ends of the bone. Remove from oven. Heat broiler. Cut ribs into serving sized portions of 2 or 3 ribs. Arrange on broiler pan, bony side up. Brush on sauce. Broil for 1 or 2 minutes until sauce is cooked on and bubbly.

Turn ribs over. Repeat on other side.



BBQ Spare Ribs



Our Banh Mi Sausage is our spin on the sandwich combining pork, carrot, daikon radish, garlic, green onions, hoisin, sriracha, and more. Brown this sausage on the stovetop, breaking it up as you cook. Put

the mixture in a piece of lettuce and you have the fastest and most delicious lettuce wrap. It is my favorite 5 minute meal, great for those super busy nights!

Have a recipe you want to share? Have a great idea for a future box item? Please send any comments or ideas to dana@pendulummeats.com.