



THE PENDULUM

Primal news...

JANUARY 13-16, 2016



"If you keep good food in your fridge, you will eat good food."

-Errick McAdams

What's in the Box?

Week of January 13-16, 2016

- 1 lb Top Sirloin Steaks
- 1 lb Boneless Pork Chops
- 1 lb Mexican Chorizo
- 1 lb Ground Beef
- 1 package of boneless skinless chicken breasts (About 1.25 lbs)

Get Creative! Make your own compound butter!

Here at Pendulum, we love a steak topped with compound butter. It just takes it to the next level. The sky is the limit when making flavored compound butter. Get creative and don't forget to share your winning recipes!

Directions for all compound butters:

1. Add all ingredients to a large glass or steel mixing bowl. Using an electric hand mixer, beat all ingredients until well incorporated and fluffy. (If you do not have an electric hand mixer, you can do this by hand using a strong spoon, it will just take a bit more work.)
2. Place a medium-size piece of plastic wrap onto a clean, flat surface. Using silicone spatulas, gather the butter together in the bowl, then spoon the butter mixture out of the bowl and onto the center of the plastic wrap.
3. Grabbing the bottom portion of the plastic wrap, pull it up over the butter and begin forming the wrap around the butter, rolling and forming a log shape. Twist the ends of the plastic wrap and place butter in the fridge to set.

Blue Cheese and Chive Butter Recipe

- 2 sticks unsalted butter, room temperature
- 4 tablespoons blue cheese
- 2 tablespoons freshly chopped chives
- Pinch of salt (if necessary)



Pork Chops with Lemon Thyme Cream Sauce

Ingredients:

- 1 lb boneless pork chops
- 4 tbs unsalted butter, divided
- ½ cup flour
- 1 tsp salt
- ½ tsp pepper
- ½ tsp garlic powder
- 1 tsp lemon zest
- 1 clove garlic, minced
- 3 tbs fresh lemon juice
- ¼ cup white wine
- ½ tsp thyme
- ½ tsp salt
- ½ cup heavy cream



Directions:

Heat a heavy skillet over medium-high heat. Add 2 tbs. butter and let it melt. Mix the flour, 1 tsp. salt, ½ tsp. pepper and ½ tsp garlic powder in a shallow bowl. Dredge pork chops in seasoned flour mixture, shaking off excess. Brown pork chops well on both sides, about 5-8 minutes per side. Remove from pan and set aside. In the same pan you browned the chops, reduce the heat to medium and add the lemon juice, lemon zest, garlic, wine, thyme and salt. Mix well. Place pork chops back in pan, cover and reduce heat to low and cook for 8 to 12 minutes. Remove pork chops to a serving platter, cover and keep warm in a 200 degree F oven while making sauce. Increase the heat under the pan to medium. Blend in heavy cream and remaining butter. Let the mixture bubble and reduce by 25%—it should be like a thin gravy.



Bourbon Chicken with Rice

- 1 1/4 lbs of boneless skinless chicken breast**
- 1/2 cup low sodium soy sauce**
- 1/4 cup oil**
- 1/4 cup vinegar**
- 1/4 cup bourbon**
- 1/4 cup brown sugar**
- 1 tablespoon crushed or sliced ginger (fresh, not dried)**
- 4 cloves crushed garlic**
- 4-5 green onions, cut into thirds or sliced**
- 1 cup uncooked basmati rice**

Instructions:

THE NIGHT BEFORE: Combine the soy sauce, oil, vinegar, bourbon, and brown sugar in a bowl. Whisk until combined. Place the chicken in a baking dish (a casserole pan or something with high sides) with lid and pour the sauce over the chicken. Toss in the ginger, garlic, and half of the green onions. Cover and marinate overnight (or for as many hours as you have before baking).

THE DAY OF: Preheat the oven to 350 degrees. Uncover the chicken and bake directly in the marinade for 45 minutes, basting the chicken with the sauce periodically and/or turning the pieces upside down to get them baking in the sauce on both sides. Cook the rice according to package directions.

When the chicken is done, turn the oven temperature to broil and bake for an additional 5-10 minutes to get a nice, browned exterior on the chicken. Remove and serve whole or cut, with extra sauce and scallions, over the rice.

Breakfast Tacos with Chorizo, Potatoes, and Eggs

INGREDIENTS

PICO DE GALLO WITH AVOCADO:

- 8 ounces plum tomatoes, seeded and chopped (about 3 tomatoes)
- 3 tablespoons lime juice (2 to 3 limes)
- 2 tablespoons fresh cilantro leaves, chopped
- 1 clove garlic, minced
- 1/2 ripe avocado, halved, pitted and chopped
- 1/4 medium red onion, chopped
- Kosher salt and freshly cracked pepper

BREAKFAST TACOS:

- 1 tablespoon vegetable oil
- 1 lb fresh Mexican-style chorizo sausage, casing removed
- 4 ounces new potatoes, peeled and diced into 1/2-inch cubes (about 2 medium)
- Kosher salt and cracked black pepper
- 6 large eggs
- Four 6-inch flour tortillas
- 1 cup white Cheddar, grated
- 1/4 cup sour cream or crema
- Hot sauce, for serving



DIRECTIONS

- For the pico de gallo: Mix together the tomatoes, lime juice, cilantro, garlic, avocados and onions in a medium bowl. Sprinkle with salt and black pepper. Cover and chill.
- For the tacos: Heat the oil in a large skillet over medium-high heat. Saute the chorizo until cooked through, breaking up with back of wooden spoon, about 5 minutes. Transfer the chorizo to a paper-towel-lined-plate. Add the potatoes and cook, covered, stirring occasionally until soft, 6 to 8 minutes. Sprinkle with salt and pepper. Transfer to a paper-towel-lined-plate.
- Whisk the eggs and sprinkle with salt and pepper in a medium bowl. Add the eggs to the same skillet and cook over medium heat, stirring until the eggs are softly set, 1 to 2 minutes. Return the chorizo and potatoes to the skillet and toss with the eggs to warm through and finish cooking the eggs.
- Toast the tortillas in a small skillet over medium-high heat, topping each tortilla evenly with the cheese, until the cheese melts and the tortillas begin to crisp on the bottom, about 1 minute. Transfer to a platter. Put 1/2 cup of the egg and chorizo mixture in each tortilla and top with 1 tablespoon of the pico de gallo. Reserve any leftover pico de gallo for another use. Fold each tortilla in half and serve with the sour cream and hot sauce.