



THE PENDULUM

Primal news...

JANUARY 25-28, 2017



**ARE YOU READY FOR
SOME FOOTBALL?**

What's in the Box? *The Superbowl Box* January 25-28, 2017

- (2) Packages of Organic Chicken Wings
- Speedy's Hot Sauce
- 1 lb. Ground Brisket
- House Smoked Cheddar
- 2 lbs. Meatball or Meatloaf Mix
- 1 lb Chorizo

Chorizo Sausage Dip

Ingredients

1 lb Chorizo Sausage
1 can (10 oz each) Ro*Tel® Original Diced Tomatoes & Green Chilies, undrained
1 pkg (8 oz each) Philadelphia® Original Cream Cheese, cut into pieces
Tortilla chips

Directions

Heat large skillet over medium-high heat. Add sausage and cook completely. Drain. Add undrained tomatoes and cream cheese; stir until cream cheese melts. Serve warm with tortilla chips.

Our chorizo makes great tacos and nachos as well!



Chicken Wings



1. Preheat oven to 400 degrees. Set a wire rack inside a large rimmed baking sheet.
2. Bake wings until cooked through and skin is crispy, about 30 minutes.
3. Toss wings in melted butter and Speedy's #44 Hot Sauce.

Speedy's Hot Sauce

Locally made in Virginia Beach

One could say that Speedy's was created out of a necessity for flavor and burn. Speedy's has a complex and rich smokey flavor. Sauce should enhance what you are eating, not over power it. Try it for yourself and start living the dream.



Meatballs

Bake at 350 degrees for 15-20 minutes until an internal temperature of 145 degrees.

Sauces for Meatballs

Homemade BBQ Sauce

- $\frac{3}{4}$ cup ketchup
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup vinegar
- $\frac{1}{3}$ cup brown sugar
- 1 $\frac{1}{2}$ Tbsp dried minced onion
- 1 tsp mustard
- 4 tsp Worcestershire sauce
- 6 drops hot pepper

Balsamic Marinade Sauce

- $\frac{1}{2}$ cup balsamic vinegar
- $\frac{1}{2}$ cup soy sauce
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ Tbsp garlic powder with parsley
- 1 tsp basil

Marinara

Another simple but handy idea. Buy a jar of your favorite spaghetti sauce or treat your guests to a gourmet sauce with Italian meatballs.

- Spaghetti sauce
- Capers, optional

You could also use this mix of ground beef and pork with onions and breadcrumbs to make a meatloaf.

Brisket Chili with Smoked Cheddar

INGREDIENTS:

- 1 lb. ground brisket
- 3 (15 oz.) cans diced tomatoes with green chiles
- 2 (15 oz.) cans beans, drained (black beans, kidney beans, or a combination)
- 1 small white onion, diced
- 2 Tbsp. chili powder
- Pendulum Smoked cheddar cheese
- Optional toppings: chopped green onions, sour cream, cilantro, etc.

DIRECTIONS:

In a large stockpot, cook ground brisket over medium-high heat until browned, stirring frequently. Drain the excess grease. Add remaining ingredients and stir to combine. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 15 minutes or until the onion is cooked and softened. Top with grated smoked cheddar cheese.



Chocolate Tasting with Cocoa Nouveau

Kristin from Cocoa Nouveau will be at Pendulum Sunday, February 12th from 12 to 3 for an exclusive event. She will be sampling her Valentine's Day chocolates and allowing customers to create their own box of chocolates. This is an event you won't want to miss!

