



BI-WEEKLY SHOP BULLETIN

THE PENDULUM

Primal news...



JANUARY 27-30, 2016



"The Superbowl Box"

Are you ready for some football?

What's in the Box?

Week of January 27-30, 2016

- 1 lb Ground Brisket
- House smoked cheddar
- 1 lb Chicken Wings
- Speedy's Hot Sauce
- 1 lb Baconwurst Sausage
- 1.5 lb Meatballs

Baconwurst Sausage

Our baconwurst sausage is a twist on our bratwurst. We add bacon to the pork when grinding, finish it with salt, pepper, and beer, and case it.

The sausage is best when parboiled in cheap beer and finished in a skillet, on the grill, or in the oven. Put them in a roll and top with mustard and sauerkraut.



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 #44 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.

Speedy's #44 Hot Sauce is a savory smokey habanero sauce accented with the sweetness of peaches, baby carrots and roasted red pepper. Makes even the most bland food a party.



Meatballs

Bake frozen 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 sauce

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

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.



Stock up for the Superbowl

15% all beer and wine during the week of CSA pickup for all CSA members!



Chocolate Tasting with Cocoa Nouveau

You have had her hot cocoa mix, now come try her chocolates! Kristin will be at Pendulum Saturday, February 6th 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!

