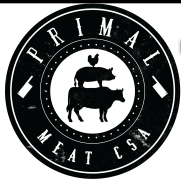


BI-WEEKLY NEWSLETTER



THE PENDULUM

PRIMAL NEWS

JULY 13-16, 2016



**WHAT'S IN THE BOX
FOR WEEK OF JULY
13-16**

BEEF STIR FRY MEAT

**2 BONE IN PORK
CHOPS**

**IT STARTED WITH A
FIG PINEAPPLE
EXPRESS JAM**

BAHN MI SAUSAGE

GROUND BEEF

**You can't buy happiness, but you can buy
local and that's kind of the same thing.**

Bahn Mi Sausage



Back by popular demand is our Bahn Mi Sausage. We get more requests for this in the CSA than anything else. Cook it and toss it in lettuce for the perfect lettuce wraps. Lately, we have been using it to make rice bowls and adding whatever vegetables we have on hand. One of my favorite things to do is make the lettuce wraps when we have friends over and put out bowls of chopped peanuts, kimchi, Sriracha mayonnaise, cilantro, and grilled shrimp.

CSA Member Only Deal

**15% off any beer and
wine purchase during
CSA pickup July 13-16.**

**If you pickup at a
Virginia Beach
location and want to
take advantage, email
Dana and we can
work it out to have it
delivered.**

dana@pendulummeats.com

Seared Pork Chops with Pineapple Express

Pat the pork chops dry with a paper towel and season with salt and pepper liberally. Don't be afraid to use the salt and pepper! Heat a cast iron or black steel pan over high heat. Create an even layer of oil around the whole pan. As you see the whips of smoke, add the pork chops to the pan. Sear on each side for 30-45 seconds. Transfer to oven safe dish and bake at 350 until an internal temperature of 145 degrees. While pork chops are baking, remove oil from the cast iron pan and deglaze the pan with 2 oz. wine. Add 1/2 jar of pineapple express and two pats of butter and stir until butter melts. Pour the pan sauce over the pork chops and serve.



It Started With a Fig "Pineapple Express"

Hi it's Lori G from It Started with a Fig! Yes it most certainly started with a "Fig Tree." It Started with a Fig is a homemade Jam Company based in Virginia Beach, Va. I select only the finest ingredients using organic fruits gathered from local farms whenever possible.

My Jams contain ZERO preservatives, artificial flavors or sweeteners. With 20 different flavors you are bound to find your favorite. So whether you put my jams on top of cream cheese, brie or use them to spice up your fish or meats. Some folks just like to eat them right out of the jar! Let my jams be a part of your creation.

Like It Started With a Fig on Facebook:

<https://www.facebook.com/spreadthejamz/?fref=ts>



Pull Apart Cheeseburger Sliders

Do you follow Tasty or Delish on Facebook? If you don't you should, especially if you have kids at home. Our daughter loves these recipe videos that are often very easy to recreate. It allows you to peruse various recipes in video form in 30 seconds or less. Click on the link below to view the video for the pull apart cheeseburger sliders recipe.

<https://www.youtube.com/watch?v=2okoFdN6MM#action=share>

Slow Cooker Mongolian Beef

Summer is officially here and the perfect season to use your slow cooker. We use our slow cooker frequently in the summer to keep the kitchen cool. This recipe for Mongolian Beef is easy and delicious.

Ingredients:

1 pound stir fry meat

¼ cups cornstarch

2 tablespoons Olive Oil

½ teaspoons mince Garlic, Cloves

¾ cups Soy Sauce

¾ cups Water

¼ to ½ cups Brown Sugar

1 cup grated Carrots

Green onions, for garnish



Instructions:

In a ziplock bag add stir fry meat and cornstarch. Shake to coat. Add olive oil, minced garlic, soy sauce, water, brown sugar and carrots to slow cooker. Stir ingredients. Add coated stir fry meat and stir again until coated in the sauce. Cook for high 2-3 hours or on low 4-5 hours until cooked throughout and tender. Can serve over rice and garnish with green onions.

Sausage Making Class Tuesday, July 12th at 7:00pm Fee \$50

In this class we will demonstrate just what goes into making the sausage which we sell! We will discuss the kind of meat and spices which are used as well as how we come up with the kinds of sausages we feature. There will be a hands-on demonstration of how to stuff and link sausage, which the participants will then be able to take home for themselves. Class is limited to 12 participants. We require a 24 hour cancellation notice based on the limited number of participants. Email dana@pendulummeats.com to register today.