



PRIMAL CSA NEWSLETTER

THE PENDULUM

JULY 27-30, 2016



PRIMAL MEAT CSA

THE WAY TO CSA

“Cooking well doesn’t mean cooking fancy.” ~Julia Child

What’s in the Box? July 27-30, 2016

- 2 Chicken Thighs with Pendulum BBQ Sauce
- 1 lb Garlic Thyme Sausage
- 1 lb Ground Beef
- 2 Boneless Pork Chops
- 4 Slices of Bacon
- 1 Dozen Local Eggs

Sausage Mixed Grill with Balsamic

INGREDIENTS

1 lb sausage

Peppers

Radicchio

2 garlic cloves, minced

1 1/2 teaspoons chopped thyme

3 tablespoons balsamic vinegar

5 tablespoons extra-virgin olive oil

Salt and freshly ground pepper



Directions:

In a bowl, combine the garlic, thyme, balsamic vinegar and oil. Season with salt and pepper. Drizzle the vinaigrette over the sausages, peppers and radicchio and grill to perfection.

Garlic Herb Stuffed Pork Chops

We have included the eggs and bacon you need for this recipe in the box. Remember when I was telling you about the Tasty video recipes? Click on the link below to watch this recipe being made.

https://www.buzzfeed.com/alvinzhou/pork-chop-shop?utm_term=.ln4Ob1oG4&sub=4234513_856039

INGREDIENTS:

4 ounces cream cheese, softened
1/4 teaspoon freshly ground black pepper
1/4 tablespoons garlic powder
1/8 cup chives, chopped
1/4 cup provolone cheese, shredded
4 strips cooked bacon, crumbled
2 boneless pork chops
Salt
Pepper
1/2 cups flour
1 egg, beaten
1/2 cups Panko breadcrumbs
1 tablespoon canola oil

DIRECTIONS:

Preheat oven to 350°F. In a large bowl, combine cream cheese, pepper, garlic powder, chives, provolone, and bacon, stirring until thoroughly mixed. Set aside. Season all sides of the pork chops with salt and pepper. Carefully cut a pocket through the side of the pork chop in order to create a cavity. Stuff the cavity with a generous spoonful of the cream cheese mixture and press around the edges of the pork to seal it in. Dip the stuffed pork chops in the flour, shaking off excess, then the egg, then the breadcrumbs. Repeat with the remaining pork chops. Heat the oil in a pan over medium heat. Fry the pork chops for about one to two minutes, then flip. Remove from heat and bake for 15-20 minutes, until cheese is bubbly starting to brown. Serve!



BBQ Grilled Chicken Thighs

Spray grill rack with nonstick spray. Sprinkle chicken with salt and pepper. Place chicken on grill, skin side down; cook until skin browns, about 8 minutes. Turn chicken over and continue grilling until cooked through, about 8 minutes longer. Transfer barbecue sauce to small dish. Brush skin side of chicken with sauce from dish; turn skin side down and cook 2 minutes. Brush chicken with more sauce; turn skin side up and grill 2 minutes. Serve with remaining sauce.



Beef Taco Quinoa Bowls

Ingredients:

- 1 cup uncooked Quinoa
- 1 pound cooked ground beef
- 2/3 cup water
- 1 taco seasonings packet (1 oz.)
- 1 can diced tomatoes and chilies (10 oz.)
- 1 can black beans, drained and rinsed (15 oz.)
- 2 cups frozen corn, thawed
- chopped lettuce
- avocado chunks
- shredded cheddar cheese
- salsa
- cilantro (optional)



Directions:

Cook the quinoa according to the package directions. Place the cooked ground beef, water, and taco seasoning packet in a skillet. Cook for 3-4 minutes on medium heat. Add the undrained tomatoes and rinsed black beans. Stir in the quinoa when it finishes cooking. Place desired amount of lettuce in bowls. Top with 1 cup taco mixture. Add corn, cheese, avocado, salsa, and cilantro. Serve immediately. Makes 8 servings.

If you ever have questions, comments, or concerns about your Primal Meat CSA, please email me at dana@pendulummeats.com.

