



THE PENDULUM

Primal news...

JUNE 1-4, 2016



What's in the Box?

- 1 lb Boneless Skinless Chicken Breasts
- 2 Top Sirloin Steaks
- 4 Pendulum Burgers
- 1 lb Italian Sausage Links



"The only thing I like better than talking about food is eating."

-John Walters

Italian Sausage and Pepper Kabobs

Ingredients:

- 1 pound sweet Italian sausage links, cut into 3-4" pieces
- 2 bell peppers, cut into chunks
- 1 large onion, cut into chunks
- 3 tablespoons Olive Oil
- 2 tablespoons chopped fresh parsley

Instructions:

Thread meat, peppers and onions onto wooden skewers. Brush with olive oil. Using grill or grill pan, cook skewers, about 7 minutes per side. Once sausage is cooked through, remove from heat. Serve with marinara if desired.



Recipes cont.

GRILLED GREEK LEMON CHICKEN

Ingredients

2 boneless skinless chicken breast halves
1/3 cup olive oil, plus more for brushing grill
1 Tbsp lemon zest
1/3 cup fresh lemon juice
4 cloves garlic, minced (1 1/2 Tbsp)
2 tsp dried oregano
1/2 tsp dried basil
1/2 tsp dried thyme
1/2 tsp dried rosemary, crushed
Salt and freshly ground black pepper
Chopped fresh parsley, for serving



Instructions

Using the flat side of a meat mallet, pound thicker parts of chicken to even thickness. In a small mixing bowl whisk together olive oil, lemon zest, lemon juice, garlic, oregano, basil, thyme, rosemary and season with salt and pepper (about 1/2 tsp salt 1/4 tsp pepper). Place chicken in a gallon size resealable bag, pour in olive oil mixture. Seal bag while pressing air out. Rub marinade over chicken. Transfer to refrigerator and allow to marinate 2 - 5 hours (rotate bag and move chicken around halfway through if possible). Preheat grill over medium-high heat (to about 425 - 450). Brush grill grates lightly with olive oil. Place chicken on grill, close lid, and grill about 4 minutes per side, or until chicken registers 160 - 165 degrees in center of chicken on an instant read thermometer. Let chicken rest 5 minutes, garnish with fresh parsley then serve immediately.

Pendulum Burgers

Pendulum burgers are made with freshly ground beef, onions, pepper, and herbs de Provence. Please make sure to salt the burgers before grilling or pan frying.



Grilled Top Sirloin Steaks

About 20 minutes before grilling, remove the steaks from the refrigerator and let sit, covered, at room temperature.

Heat your grill to high. Season liberally with salt and pepper. Place the steaks on the grill and cook until golden brown and slightly charred, 4 to 5 minutes. Turn the steaks over and continue to grill 3 to 5 minutes for medium-rare (an internal temperature of 135 degrees F), 5 to 7 minutes for medium (140 degrees F) or 8 to 10 minutes for medium-well (150 degrees F).

Transfer the steaks to a cutting board or platter, tent loosely with foil and let rest 5 minutes before slicing.

Pendulum Class Summer Schedule

Email dana@pendulummeats.com to register today.

Basic Knife Skills and Chicken Breakdown - Tuesday, June 21st, 7:00pm

We will discuss the parts of the chicken, as well as the farm and diet of our birds. This class will cover knife parts, sharpening, honing, and basic knife skills through cutting vegetables. Participants will have the hands on experience of how to break down a whole chicken and will take their bird home. \$50 fee.

Sausage Making - Tuesday, July 12th at 7:00 pm

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. \$50 fee.

Hog Butchery Demonstration - Tuesday, August 2nd at 7:00 pm

In this class we will demonstrate butchering a half hog from start to finish. We will also discuss the parts of the hog, as well as the farm and diet of our hogs. Participants will see how the hog is broken down into all its useful parts. Please be reminded this is a demonstration class with very little hands on work. Participants will have the opportunity to leave with various cuts of pork from the class with a 10% discount. \$40 fee.