



THE PENDULUM

Primal news...

JUNE 15-18, 2016



What's in the Box?

- 1 lb Ribeye
- Pendulum Smoked Onions
- Beef Tallow
- Fattoria Del Cerro Manero Roso Di Toscana
- 1 lb Ground Pork
- 1/2 lb Breakfast Sausage

"First we eat, then we do everything else." M.F.K. Fisher

How to Sear the Perfect Steak

Preheat oven to 400 degrees. Preheat cast iron skillet over high heat until lightly smoking. Pat meat dry with paper towels. Season with salt. Swirl our housemade beef tallow in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black. Put skillet in the oven for 3 minutes. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minute. Serve with our housemade smoked onions.



Recipes cont.

SZECHUAN GREEN BEANS WITH GROUND PORK

Ingredients

1 pound fresh green beans
1 pound ground pork
1 tablespoon vegetable, peanut,
or olive oil + a drizzle
4 cloves garlic, grated
(with a microplane or finely minced)
1/4 cup hoisin sauce
4 teaspoons low sodium soy sauce
2 teaspoons brown sugar
1/2 - 1 teaspoon crushed red chile pepper flakes
Sea salt
Ground white pepper



Instructions

Bring a pot of salted water to a boil. Snap the ends off the green beans and cut them in half. Add them to the water once it boils and let simmer for 3 minutes, or until just al dente. Drain immediately.

Heat the oil in a large, deep-sided skillet over medium. Add the pork and season with about a 1/4 teaspoon of salt and white pepper. Cook, breaking up, until browned through. Drain off any grease.

Add another drizzle of oil to the pan, and add the pork back to it, along with the grated garlic. Stir for 30 seconds, then add the hot drained green beans, as well. Add remaining ingredients and stir to until everything is well coated. Cook over medium, stirring most of the time, for 3-5 minutes. Taste, and adjust seasoning with more white pepper (or crushed red chile pepper) as need. Serve over rice.

Fattoria Del Cerro Manero Roso Di Toscana

Vineyard Location: Montepulciano, Montalcino

Manero has very concentrated and deep ruby color. Intense aromas with touches of wild berries, hints of spices and vanilla undertones. Dense, with rounded decisive flavor and excellent persistence. Pairs well with roasted red meats and stews and aged cheeses.

This Sangiovese blend is crafted under the supervision of world-renowned oenologist Riccardo Cotarella. The wine is made from Sangiovese and Merlot grapes harvested from Fattoria del Cerro and La Poderina properties.

The name Manero is inspired by the story of a well-known clown, Manero, who relentlessly played practical jokes on the local vintner. One day, he decided to challenge the Vintner by promising to create a wine far superior to his. Not long after when a crowd gathered to taste the clown's wine, the Vintner, astonished, could not help but proclaim: "Anyone who can create a blend this fine has my deepest respects, Manero!" And so the wine MANERO was born.

As always, if you want to substitute ground beef for the wine, email dana@pendulummeats.com



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.