



THE PENDULUM

Primal news...

JUNE 27-30, 2017



What's in the Box?

- 1 lb. Pendulum Hot Dogs
- 1 lb. Pendulum Burgers
- 2 Chicken Leg Quarters
- 1 Rack of Baby Back Ribs
- Pendulum Ancho Chile BBQ Sauce

Happy 4th of July!

Happy 4th of July from the Pendulum Team. This box was created for the holiday, so that you will be ready to grill wherever you choose to spend the 4th of July. We hope you have a safe and relaxing day with family and friends.

Please remember as we enter the summer season that it is easy to put your box on hold when you will be out of town. Simply log in to your CSAWare account and choose to place your box on hold for a specific pickup. Your card will not be charged and you will be ready to roll with your next pickup once you return.

Pendulum Burgers

Our Pendulum burgers are made with onions, pepper, and herbs de provence. Make sure to salt each burger patty before cooking.



Pendulum Hot Dogs

Our hot dogs are made in house and take 3 days to make. The first day we grind the fat and meat separately and it cures overnight. The second day we mix them up and they get emulsified. They also get stuffed into the casing on day two. They dry overnight in the walk in cooler. On the third day we smoke them for 3-4 hours. Our hot dogs are the best!



Baby Back Ribs

2 Ways



Got a Smoker?

You can use the rub recipe below. Place ribs in smoker and cook for 3 hours. After 3 hours, remove the ribs and wrap in heavy-duty aluminum foil (Optional: You can baste with your favorite BBQ sauce at this time). Return to smoker and cook for an additional 1- 1 ½ hours, or until internal temperature reaches 160 degrees.

No Smoker?

For the rub:

- 2 tablespoons minced garlic
- 2 tablespoons minced ginger
- 2 tablespoons seasoned salt
- 1 tablespoon cumin
- 1 tablespoon onion powder
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 tablespoon brown sugar
- 2 teaspoons black pepper
- 1 teaspoon cayenne pepper

From “The Regular Chef” David Hannah

Preheat the oven or smoker to 275 degrees. In a mixing bowl combine all the ingredients for the rub and mix together. Pat the rub on the ribs so they are completely covered. Place the ribs in a baking pan, cover them with aluminum foil, and roast for 3 ó 4 hours. While the ribs are cooking heat the BBQ sauce in a pot until it is warm. Do not boil. After the first hour of cooking baste the ribs with a little bit of the BBQ sauce. After that continue to baste the ribs every half hour until ribs are done cooking. Once the ribs are done cooking and the meat is fork tender allow them to rest until they are cool enough to handle. Once the ribs are cool feel free to give them one last basting of BBQ Sauce, then slice the ribs and enjoy!

About our BBQ Sauce

Pendulum’s housemade BBQ sauce is made with bacon, onions, and ancho chiles. It contains vinegar, mustard, and brown sugar, and is a ketchup based sauce.

Grilled Chicken Leg Quarters with Lime Dressing

Ingredients

3 garlic cloves, minced
2 teaspoons kosher salt
1/2 tablespoon sugar
1 teaspoon grated lime zest
1 tablespoon lime juice
1 teaspoon plus 1/8 cup extra-virgin olive oil
3/4 teaspoon ground cumin
1/2 teaspoon pepper
1/4 teaspoon cayenne pepper
2 chicken leg quarters, trimmed
1 tablespoon chopped fresh cilantro
1 teaspoon chopped fresh oregano



Directions

1. Combine garlic, salt, sugar, lime zest, 2 teaspoons oil, cumin, pepper, and cayenne in bowl and mix to form paste. Reserve 2 teaspoons garlic paste for dressing.
2. Position chicken skin side up on cutting board and pat dry with paper towels. Leaving drumsticks and thighs attached, make 4 parallel diagonal slashes in chicken: 1 across drumsticks, 1 across leg joints; and 2 across thighs (each slash should reach bone). Flip chicken over and make 1 more diagonal slash across back of drumsticks. Rub remaining garlic paste all over chicken and into slashes. Refrigerate chicken for at least 1 hour or up to 24 hours.
3. Turn all grill burners to high, cover, and heat grill until hot, about 15 minutes. Turn primary burner to medium and turn other burner(s) to low. (Adjust primary burner as needed to maintain grill temperature of 400 to 425 degrees.)
4. Clean and oil cooking grate. Place chicken on cooler side of grill, skin side up. Cover and cook until underside of chicken is lightly browned, 9 to 12 minutes. Flip chicken, cover, and cook until leg joint registers 165 degrees, 7 to 10 minutes.
5. Transfer chicken to hotter side of grill, skin side down, and cook (covered if using gas) until skin is well browned, 3 to 5 minutes. Flip chicken and continue to cook until leg joint registers 175 degrees, about 3 minutes longer. Transfer to platter, tent loosely with aluminum foil, and let rest for 5 to 10 minutes.
6. Meanwhile, whisk remaining 1/4 cup oil, lime juice, cilantro, oregano, and reserved garlic paste together in bowl. Spoon half of dressing over chicken and serve.