



THE PENDULUM

MARCH 22-25, 2017



PRIMAL MEAT CSA

THE WAY TO CSA

*"All happiness depends on
a leisurely breakfast."
John Gunther*

What's in the Box? March 22-25, 2017

1 lb. Ground Beef

**Boneless Skinless
Chicken Breasts**

1 lb. Bacon

**1 lb. Blueberry
Breakfast Sausage**

1 Dozen Local Eggs

Sweet Chili-Lime Grilled Chicken

INGREDIENTS

1 c. sweet chili sauce

Juice of 2 limes

1/4 c. soy sauce

1 lb. boneless, skinless chicken breasts

Scallions, for garnish

Lime wedges, for serving



DIRECTIONS

Make Marinade: In a large bowl, whisk together sweet chili sauce, lime juice, and soy sauce. Reserve 1/2 cup marinade for basting chicken after grilling. Add chicken to a large Ziploc bag or baking dish and pour over marinade. Let marinate in the refrigerator at least 3 hours and up to overnight. When ready to grill, heat grill to high. Oil grates and add chicken. Baste with marinade and grill until charred, 8 minutes per side. Baste with reserved marinade and garnish with scallions. Serve with limes.

Wyebrook Farm Buttermilk Pancakes
from Martha Stewart
Serve with Blueberry Breakfast Sausage

Ingredients:

2 cups all-purpose flour
3 tablespoons sugar
2 1/4 teaspoons baking powder
1/4 teaspoon baking soda
3/4 teaspoon coarse salt
1 1/2 cups buttermilk
1/2 cup whole milk
2 large eggs, room temperature
3 tablespoons unsalted butter, melted, plus more,
room temperature, for griddle
1 cup fresh blueberries
Whipped butter, pure maple syrup, and cooked sausages, for serving



Directions

- 1 Whisk together flour, sugar, baking powder, baking soda, and salt in a large bowl. In another bowl, whisk together buttermilk, milk, eggs, and butter. Make a well in center of flour mixture, pour in milk mixture, and stir with a fork or whisk until well combined but still a bit lumpy. Fold in blueberries.
- 2 Heat a griddle (or large cast-iron or nonstick skillet) over medium and brush with butter. Working in batches, add 1/3 cup batter for each pancake. Cook until bubbles appear on surface and undersides are golden brown, about 2 minutes. Flip and continue cooking until other sides are golden brown, 1 to 2 minutes more. Transfer to a plate. Brush griddle with more butter between batches.
- 3 Serve, topped with butter and syrup, with sausages on the side.



**Breakfast in the morning,
afternoon, or evening!**