



THE PENDULUM

Primal news...

MARCH 23-26, 2016



What's in the Box?

Week of March 23-26, 2016

- **2 Bone In Pork Chops**
- **1 lb of Ground Beef**
- **1 lb of Ground Pork**
- **Quiche Kit**
- 1 Dozen Local Eggs**
- 1 lb breakfast Sausage**
- House Smoked Cheddar**
- Housemade Lard**

"One cannot think well, love well, sleep well, if one has not dined well." -Virginia Woolf

Double Pork & Sage Stuffed Baked Apples

(From paleomg.com)

Ingredients

- 4 slices of bacon
- 5 apples (I used honey crisp), halved and hollowed out using a melon baller
- 1 tablespoon ghee
- 2 garlic cloves, minced
- ½ yellow onion, chopped
- 1 pound ground pork
- 2 stalks of celery, chopped
- 2 teaspoons fine sea salt
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- ¼ teaspoon cayenne
- pinch of black pepper
- 2 teaspoons red wine vinegar
- 2 tablespoons minced fresh sage
- extra ghee for topping apples



Directions

Preheat oven to 350 degrees F. Place bacon on a baking sheet and bake bacon in oven for 15 minutes or until crispy then chop into small pieces. While bacon is cooking, cut apples in half then use a melon baller to hollow out each apple then set aside. Place a large saute pan over medium heat. Add ghee and minced garlic. Once garlic becomes fragrant, add onion and ground pork. Brown pork and break into small pieces, then add celery, salt, garlic powder, paprika, cayenne, black pepper, red wine vinegar, sage and chopped bacon. Mix well until combined. Scoop mixture into each apple half. Top each apple with about 1 teaspoon of ghee on top of the mixture. Place in a baking dish and bake for 40-45 minutes until apples are tender.

Tamale Pie

CORNBREAD

- 1/2 cup cornmeal
- 2/3 cup flour
- 3 tablespoons sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 3-4 tablespoons oil
- 1/3 cup milk
- 1 egg
- 1 small can diced green chiles (4.5 ounce can)
- 1 can of corn or creamed corn

MEAT

- 1 lb ground beef
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

TAMALE PIE

- 1 1/4 cup enchilada sauce
- 2 cups of shredded cheese



1. Preheat oven to 400 degrees F.
2. Whisk together cornmeal, flour, sugar, baking powder, and salt. Add oil until soft crumbles form. Whisk in milk and egg. Gently fold in chiles and corn. Pour into greased baking pan (9x9, 9x13, large cast iron skillet). Bake until set (a toothpick should come out clean), about 20-25 minutes. (You don't have to be a superstar, I used a box of Jiffy. Don't tell my chef husband!)
3. While cornbread is baking, combine beef with spices and sauté in a skillet over medium heat until fully cooked, about 10 minutes. Drain and set aside.
4. Once cornbread is done baking, reduce oven to 350 degree F. Poke holes in cornbread with a fork and pour enchilada sauce over it. Top with ground beef and shredded cheese, and cover with aluminum foil. Bake in oven for 20 minutes. Remove foil and back until cheese begins to brown, about 5-10 minutes.
5. Let cool for 10-15 minutes before serving.

Pork Chops with Cider, Horseradish and Dill

From Smitten Kitchen

Ingredients

Glaze

- ½ cup (120 ml) cider vinegar
- ½ cup (120 ml) hard or pressed apple cider
- 2 tablespoons (30 grams) freshly grated horseradish
- ½ teaspoon salt
- pinch of cayenne pepper

Chops

- 4 bone-in loin pork chops, ½ inch thick (1½ pounds/680 grams total), room temperature
- salt and freshly ground black pepper
- 1 tablespoon olive oil
- 1 tablespoon fresh dill

Instructions

1. Whisk the glaze ingredients together in a small dish, and set aside.
2. Trim any excess fat around chops until it is but a thin ribbon, no more than ⅛ inch thick.
3. Pat chops dry with a paper towel, and generously season with salt and pepper.
4. Heat oil in a heavy 12-inch skillet over medium-high heat until the oil starts to smoke.
5. Add the pork chops to the skillet, and cook them until they are well browned, about 3 minutes.
6. Turn the chops, and cook 1 minute longer; then transfer chops to a plate and pour off any fat in skillet.
7. Pour glaze mixture into the emptied skillet. Bring it to a simmer, and cook until mixture thickens enough so your spatula leaves a trail when scraped across the pan, about 2 to 4 minutes.
8. Return the chops and any accumulated juices from their plate to skillet; turn to coat both sides with glaze.
9. Cook them over medium heat in the glaze until the center of the chops registers 140°F on an instant-read thermometer, about 5 minutes.
10. Adjust seasonings to taste.

How to Make Quiche

Pie Crust (please see recipe below)

½ to 1 cup shredded cheese
(our smoked cheddar)

½ to 1 cup filling
(cooked breakfast sausage)

6 eggs

1 cup milk

½ tsp. salt

Heat oven to 375 degrees. Spread cheese evenly in the bottom of the pie crust. Top with filling in an even layer. Beat eggs milk, and salt until blended. Pour over filling. Bake for 30-40 minutes, until center is almost set, but still jiggles slightly when gently shaken and a knife

How to Make Pie Crust Using Lard

Ingredients:

1.5 cups all purpose flour

Pinch salt

1/2 cup lard

3-4 tbsp. cold water.

Directions:

In a bowl, combine flour and salt. Cut in lard until mixture resembles coarse crumbs. Sprinkle in water, 1 tbsp. at a time, until pastry holds together. Shape into a ball and chill for 30 minutes. On a lightly floured surface, roll dough to 1/8-in. thickness. Transfer to a 10-in. pie plate. Flute edges; fill and bake as pie recipe directs.

HOG BUTCHERY DEMONSTRATION CLASS

NEXT CLASS WEDNESDAY, APRIL 6TH @ 7:00PM

\$40 FEE (\$30 FOR CSA MEMBERS)

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. Class is limited to 10 participants. We require a 24 hour cancellation notice based on the limited number of participants. Email dana@pendulummeats.com to register today.