



PRIMAL CSA NEWSLETTER

THE PENDULUM

MARCH 8-11, 2017



Cooking is love made edible.

What's in the Box? March 8-11, 2017

**1 lb. Irish Bangers
Sausage**

1 lb. Ground Beef

2 Boneless Pork Chops

**Whole Flank Steak
with Authentic
Japanese Ramen
Noodles (See Recipe)**

Celebrate St. Patrick's Day with Bangers and Mash

Ingredients

1/4 tbsp oil
1 lb. Bangers sausages
1/2 large onion, halved and finely sliced
1 garlic cloves, minced
2 tbsp flour (plain)
1 cups beef stock/broth

Instructions

Heat oil in a large skillet / fry pan over medium high heat. Add sausages and cook, turning, until browned as much as possible all over and cooked through. Cook time will differ depending on sausage size - mine take around 8 minutes. Remove sausages onto a plate. Turn heat down to medium. You need around 2 tbsp oil left in the skillet. If you have much less, add a bit of butter or oil. Add onion and garlic, cook until golden brown - around 4 minutes. Add flour and mix through. Add about 1/2 cup of beef broth and mix into the onion so it becomes a sludge. Then add remaining beef broth and mix until combined. Simmer, stirring, until the gravy thickens but is slightly thinner than you want - it will thicken more as you serve it. Season with salt and pepper. Serve sausages with plenty of gravy, with mashed potato and peas on the side.



Beef and Broccoli Ramen

Ingredients

1/4 cup + 2 tablespoons vegetable oil, separated
3 teaspoons minced garlic separated
2 tablespoons red wine vinegar
1/4 cup honey
1/2 cup + 2 tablespoons soy sauce, separated
1 tablespoon Italian flat leaf parsley
1 pound flank steak
3 tablespoons cornstarch
2 tablespoons sesame oil
1/2 teaspoon grated ginger
1 cup beef broth*
1/4 cup oyster sauce
4 cups broccoli florets
2 nests of ramen noodles
Salt and pepper
Optional: green onions, red pepper flakes, sesame seeds



Instructions

Very thinly slice the flank steak against the grain into 1/4th inch thick strips and then into 2 inch pieces. Put the steak pieces in a large ziploc bag. In a bowl, combine 1/4 cup vegetable oil, 1 teaspoon minced garlic, 2 tablespoons red wine vinegar, 1/4 cup honey, 1/4 cup soy sauce, 1/4 teaspoon pepper, 1/2 teaspoon salt, and 1 tablespoon coarsely chopped Italian parsley. Whisk together and pour over the flank steak in the bag. Seal and place in the fridge for at least 1 hour and preferably 6-8+ hours (no more than 12 hours). Flip the steak in the bag halfway through the marinating time. Cook the ramen noodles in boiling water for 2-3 minutes. Drain. Chop the broccoli into bite-sized even pieces. Remove the flank steak and drain off any remaining marinade. Toss the steak to coat with the cornstarch. In a large skillet over high heat, add in 1 tablespoon of the remaining vegetable oil. Heat until the oil is shimmering and then add in 1/2 the beef so it can be in a single layer. Cook without moving until the beef is well seared, about 1-1/2 minutes. Continue cooking while stirring until the beef is lightly cooked but still pink in spots, about 30 seconds. Transfer to a plate. Add in the last remaining tablespoon of oil to the pan and heat until shimmering. Add the remaining beef and cook without moving until the beef is well seared, about 1-1/2 minutes. Cook for another 30 seconds. Transfer the rest of the beef to the plate. In the same skillet, add the beef broth, remaining soy sauce, sesame oil, oyster sauce, remaining garlic, and ginger. Bring the mixture to a boil. Once boiling, top the mixture evenly with the broccoli (don't stir in). Cover the pot with a lid and reduce the heat to low. Allow the broccoli to steam until crisp tender about 3 minutes or to desired tender-ness. Remove the lid, add in the cooked pasta and cooked meat. Stir and top with desired toppings: green onions, red pepper flakes, sesame seeds.

Swedish Meatballs

Ingredients

- 1 pound ground beef
- ¼ cup panko bread crumbs
- 1 tablespoon parsley, chopped
- ¼ teaspoon ground allspice
- ¼ teaspoon ground nutmeg
- ¼ cup onion, finely chopped
- ½ teaspoon Garlic Powder
- ⅛ teaspoon Pepper
- ½ teaspoon salt
- 1 egg
- 1 tbsp. olive oil
- 5 tbsp. butter
- 3 tbsp. flour
- 2 cups beef broth
- 1 cup heavy cream
- 1 Tablespoon Worcestershire sauce
- 1 tsp. Dijon mustard
- salt and pepper to taste



Instructions

In a medium sized bowl combine ground beef, panko, parsley, allspice, nutmeg, onion, garlic powder, pepper, salt and egg. Mix until combined. Roll into 12 large meatballs or 20 small meatballs. In a large skillet heat olive oil and 1 Tablespoon butter. Add the meatballs and cook turning continuously until brown on each side and cooked throughout. Transfer to a plate and cover with foil. Add 4 Tablespoons butter and flour to skillet and whisk until it turns brown. Slowly stir in beef broth and heavy cream. Add worchestershire sauce and dijon mustard and bring to a simmer until sauce starts to thicken. Salt and pepper to taste. Add the meatballs back to the skillet and simmer for another 1-2 minutes. Serve over egg noodles or rice.

Creamy Mustard Pork Chops

Ingredients

1 lb. boneless pork chops
Salt and freshly ground black pepper
1/2 cup chicken stock
2/3 cup half & half or heavy cream
1 Tbsp Dijon mustard
2 tsp lemon juice



Instructions

Season pork chops with salt and pepper on both sides. Heat a large skillet over medium high heat. Add pork chops and cook for 2-3 minutes on each side, until browned and finish in a 350 degree oven for about 15 minutes until an internal temperature of 155 degrees. Transfer pork to a plate and cover with aluminum foil. Add chicken broth to the skillet and scrape up any remaining browned bits from the bottom. Add cream or half & half, dijon mustard, and lemon juice. Stir well, reduce heat to medium and simmer, uncovered for 5-6 minutes or until sauce has slightly thickened. Spoon sauce over pork. Garnish with parsley, if desired.

Huge Shout out to Alkaline for hooking us up with the ramen noodles in this week's box. Don't forget Alkaline is serving up the best ramen and Asian street food in the 757 at Pendulum Fine Meats 6 nights a week.

