



THE PENDULUM

Primal news...

MARCH 9-12, 2016



"No one is born a great cook, one learns by doing." - Julia Child

What's in the Box?
Week of March 9-12, 2016

- 1 Whole Organic Chicken
- 1.5 pounds of Top Round
- 12 oz. Housemade Au Jus
- 1 pound of Pendulum Sausage
(Dealer's Choice)

Pendulum Sausage

Bratwurst

A Midwestern classic! Boil in a cheap beer you have on hand and then finish on the grill or in a skillet on the stove top. Serve in a hot dog bun (or a pretzel bun if you're feeling fancy) with sauerkraut and brown mustard!

Mild or Hot Italian

These are both fantastic with a red pasta sauce. Slice open the casing and brown in a skillet. Pour off the excess fat and add to your favorite red sauce in a sauce pan and finish there, pouring over *al dente* spaghetti!

Mexican Chorizo

Spice up your breakfast with a breakfast burrito! Slice open the casing and brown the sausage in a skillet. Pour off the excess fat and place the meat in a separate bowl. Now scramble some eggs in the remaining chorizo fat and quickly heat some flour tortillas in the oven. Divide the scrambled eggs, chorizo and some grated sharp cheddar cheese between the tortillas, and enjoy!



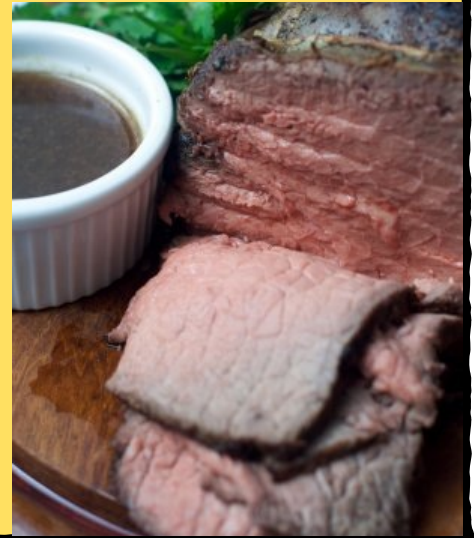
Roast Beef with Housemade Au Jus

Ingredients:

- 1.5 lb top round
- Minced garlic
- Minced Shallots
- Kosher Salt
- Pepper

Directions:

Sprinkle the top round with salt and pepper. Rub with minced garlic and shallots. Bake at 300 degrees until an internal temperature of 110 for medium rare. Allow



How to Roast a Whole Chicken



Preheat oven to 350 degrees F. Place chicken in a roasting pan, and season generously inside and out with salt and pepper. Bake uncovered 1 hour and 15 minutes in the preheated oven, to a minimum internal temperature of 180 degrees F.

For great ideas on what to do with your whole bird, check out a great New York Times article about it at:

<http://cooking.nytimes.com/guides/11-how-to-roast-chicken>

Join us for our Sausage Making Class

Wednesday, March 16th at 7:00

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. Class is limited to 12 participants. We require a 24 hour cancellation notice based on the limited number of participants. Email dana@pendulummeats.com to register today.