



THE PENDULUM

Primal news...

NOVEMBER 16-19, 2016



What's in the Box?

- **Sage Sausage**
- **Ground Beef**
- **Boneless Pork Chops**
- **Flank Steak with Red Wine and Garlic Marinade**

Be Thankful for all things...

Grilled Marinated Flank Steak

Chill and marinate for at least 2 hours and up to overnight. Prepare your grill for high, direct heat with one part of the grill for lower, indirect heat. The grill is hot enough when you hold your hand about an inch over the hot side and you can only hold it there for about a second. Remove the steak from the marinade and gently shake off the excess marinade from the steak (but make sure there is still a coating of it, you'll want the oil on it to help keep the steak from sticking to the grill). Place steak on the hot side of the grill. Grill for a minute or two on each side to get a good sear, then move the steak to the cooler side of the grill, cover and cook a few minutes more until done to your liking.

Pull the steak off the grill at 125 to 130°F for rare, 140°F for medium rare, and 150°F for medium. When the steak has cooked to your preferred level of doneness, remove from the grill and place on a cutting board. Cover with aluminum foil to hold in the heat while the steak rests for 10 to 15 minutes. Notice the direction of the muscle fibers of the steak; this is called the grain of the meat. Flank steak is a very lean cut that will be tough and chewy unless you cut it in a way that breaks up the muscle fibers. Cut the steak across the grain of the meat, at a steep diagonal, so that the slices are wide. I find it easiest to use a long serrated bread knife for this, but any long sharp knife will do. If you want, you can take the excess marinade and bring it to a boil, simmer for several minutes, and serve with the flank steak.



Recipes cont.

Slow Cooker Stuffed Peppers

From Damn Delicious

INGREDIENTS:

- 1 pound lean ground beef*
- 1 1/2 cups cooked brown rice*
- 1 1/2 cups shredded cheddar cheese, divided
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup corn kernels, frozen
- 1 cup salsa
- 2 tablespoons chopped fresh cilantro leaves
- 1 teaspoon cumin
- 1/2 teaspoon chili powder, or more to taste
- Kosher salt and freshly ground black pepper, to taste
- 6 bell peppers, tops cut, stemmed and seeded
- 2 tablespoons sour cream, optional

DIRECTIONS:

Lightly coat the inside of a 6-qt slow cooker with nonstick spray.

In a large bowl, combine beef, rice, 1 cup cheese, black beans, corn, salsa, cilantro, cumin and chili powder; season with salt and pepper, to taste. Spoon the filling into each bell pepper cavity. Place peppers into the slow cooker. Cover and cook on low heat for 5-6 hours or high for 2-3 hours, or until the peppers are tender and the beef is cooked through. Uncover and top with remaining 1/2 cup cheese. Cover and cook on low heat for an additional 10-15 minutes, or until the cheese has melted. Serve immediately, drizzled with sour cream, if desired.



Korean Style Pork Chops

- 2 pork chops
- 1/2 tbsp olive oil
- 1/8 cup soy sauce, low sodium
- 1 tbsp honey
- 2 cloves garlic, minced
- 1/2 tsp sesame oil
- 1/2 tsp ginger, minced
- 1 tsp sriracha sauce
- Black pepper to taste



Preheat oven to 400 F degrees. In a medium size bowl whisk together the soy sauce, honey, garlic, ginger, sesame oil and sriracha sauce. Pour over pork chops and let marinade for about 20 minutes. Heat the olive oil in a large skillet for medium high heat. Add pork chops, without marinade, and cook for about 5 minutes for the first side, or until it gets a nice brownish color. Flip the pork chops and pour the remaining marinade over them. Cook another 5 min on this side. Place the skillet in the oven to finish cooking them. Roast for about 10 minutes, or until pork chops are completely cooked through.

Thanksgiving Stuffing with Sage Sausage

Ingredients

2 1/2 pounds (about 2 loaves) high quality sandwich bread or soft Italian or French bread, cut into 3/4-inch dice, about 5quarts
8 tablespoons (1 stick) butter
1 pound sage sausage loose, removed from casing
1 large onion, finely chopped (about 2 cups)
4 large stalks celery, finely chopped (about 2 cups)
2 cloves garlic, minced or grated on microplane
1/4 cup minced fresh sage leaves (or 2 teaspoons dried sage leaves)
32 ounces (4 cups) low-sodium chicken or turkey broth, preferably Pendulum Housemade Chicken Stock
3 whole eggs
1/4 cup minced parsley leaves
Kosher salt and freshly ground black pepper

Instructions

Adjust oven racks to lower middle and upper middle position. Preheat oven to 275°F. Spread bread evenly over two rimmed baking sheets. Stagger trays on oven racks and bake until completely dried, about 50 minutes total, rotating trays and stirring bread cubes several times during baking. Remove from oven and allow to cool. Increase oven heat to 350°F. In large Dutch oven, melt butter over medium high heat until foaming subsides (don't allow butter to brown), about 2 minutes. Add sausage and mash with stiff whisk or potato masher to break up into fine pieces (largest pieces should be no greater than 1/4-inch). Cook, stirring frequently until only a few bits of pink remain, about 8 minutes. Add onions, celery, garlic, and sage and cook, stirring frequently, until vegetables are softened, about 10 minutes. Remove from heat and add half of chicken stock. Whisk remaining chicken stock, eggs, and 3 tablespoons parsley in medium bowl until homogeneous. Stirring constantly with wooden spoon, slowly pour egg mixture into sausage mixture. Add bread cubes and fold gently until evenly mixed. Use part of stuffing to stuff bird if desired. To cook remaining stuffing, transfer to buttered 9 by 13 rectangular baking dish (or 10 by 14 oval dish), cover tightly with aluminum foil, and bake until instant read thermometer reads 150°F when inserted into center of dish, about 45 minutes. Remove foil and continue baking until golden brown and crisp on top, about 10 minutes longer. Remove from oven, let cool for 5 minutes, sprinkle with remaining parsley and serve.

Thanksgiving Turkeys

Our Thanksgiving Turkeys, raised free range in North Carolina with nothing added, ever — no added hormones, steroids, antibiotics, or anything artificial. The cost is \$5.99 per pound. We will only have 140 turkeys this year. You can reserve a bird in the 10-14 lb. range and the 16-20 lb. range. We only have a few left!

We do require a \$20 deposit for each turkey. If you would like to reserve, please email dana@pendulummeats.com. Please include your name, phone number, quantity, and size range. We will invoice you for the deposit through Square so that you can pay online. Pickups for the turkeys will begin Saturday, November 19th. Looking forward to hearing from you.

Here is a picture of our birds from our farm visit in August.



Mark your Calendars!

**Our next wine dinner is Tuesday,
December 6th. The cost is \$50 per person
for a 3 course meal with wine pairings.
We will be exploring French wines. For
reservations, email
dana@pendulummeats.com.
Only 8 spots left!**