



PRIMAL CSA NEWSLETTER

THE PENDULUM

NOVEMBER 30-DECEMBER 3, 2016



"First we eat, then we do everything else." - M.F.K. Fisher

**What's in the Box?
Nov.30-Dec.3, 2016**

**Boneless Skinless
Chicken Breast**

Bahn Mi Sausage

Ground Beef

Chuck Roast

Bahn Mi 3 Ways!!!

Sausages

Sear the sausages in a hot skillet and finish in the oven. Serve on a roll and top with Sriracha mayonnaise, chopped onions, and cilantro.

Lettuce Wraps

Remove the sausage from the casings and cook. When cooked through, put the sausage in lettuce and add toppings as desired for the perfect lettuce wrap.

Rice Bowls

Remove the sausage from the casings and cook. When cooked through, put the sausage on top of rice and top with vegetables of your choice.

Chicken with Lemon Garlic Cream Sauce

Ingredients:

Boneless Skinless Chicken Breast
Salt and Pepper
1 cup Chicken Stock
2 tbsp. lemon juice
1 tbsp. minced garlic
1/2 tsp red pepper flakes
1 tbsp. olive oil
1/3 cup finely diced shallots
2 tbsp. salted butter
1/4 cup heavy cream
2 tbsp. chopped parsley or basil



Directions:

Using a mallet, pound down the chicken breasts/thighs into 1/2 inch thickness. Sprinkle a pinch of salt and pepper on both sides of the chicken. In a 2 cup measuring cup or a small bowl, combine the chicken broth, lemon juice, garlic, and red pepper flakes. Position a rack in the lower third of the oven and preheat the oven to 375°F. Heat the olive oil in a large oven-safe skillet over medium high heat. Add the chicken and allow to brown on both sides for 2-3 minutes per side. Don't worry if the chicken isn't cooked completely, we'll finish it in the oven. Remove the chicken to a plate. Reduce the flame to medium, add the shallots to the skillet along with the chicken broth mixture. Using a whisk, scrape the bottom of the pan so all the brown bits are loosened. Kick the heat back up to medium high and let sauce reduce for about 10-15 minutes or until about 1/3 cup of the sauce remains. When the sauce has thickened, remove from the flame, add the butter and whisk until it melts completely. With the skillet off the flame, add the heavy cream, whisk to combine. Place the skillet back over the flame for just 30 seconds, DO NOT allow the sauce to boil. Remove from heat, add the chicken back into the pan and drizzle the sauce over the chicken. Place the skillet in the oven for 5-8 minutes or until the chicken is completely cooked through. Top with chopped parsley or basil and serve warm with additional lemon slices.

Crunchy Taco Cups

Click on the link below to make these delicious and fast taco cups. It is a favorite Friday night dinner in our home for game night!



https://www.buzzfeed.com/iristian/make-these-crunch-taco-cups-in-a-muffin-tin?utm_term=.ns957J8jZ#.eywEr36dK

Chuck Roast

Ingredients:

1 teaspoon olive oil
1 boneless chuck roast
1 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper
1 cups coarsely chopped onion
1/2 cup dry red wine
2 thyme sprigs
2 garlic cloves, chopped
8 oz. beef broth
1 bay leaf
4 large carrots, peeled and cut diagonally into 1-inch pieces
2 pounds Yukon gold potatoes, peeled and cut into 2-inch pieces
Fresh thyme leaves (optional)



Directions:

Preheat oven to 350°. Heat olive oil in a large Dutch oven over medium-high heat. Sprinkle chuck roast with salt and pepper. Add roast to pan; cook 5 minutes, turning to brown on all sides. Remove roast from pan. Add onion to pan; sauté 8 minutes or until tender. Return browned roast to pan. Add the red wine, thyme sprigs, chopped garlic, beef broth, and bay leaf to pan; bring to a simmer. Cover pan and bake at 350° for 1 1/2 hours or until the roast is almost tender. Add carrots and potatoes to pan. Cover and bake an additional 1 hour or until vegetables are tender. Remove thyme sprigs and bay leaf from pan; discard. Shred meat with 2 forks. Serve roast with vegetable mixture and cooking liquid. Garnish with thyme leaves, if desired.

French Wine Dinner *Tuesday, December 6th at 6:30pm*

Join us for a three course French dinner and wine pairing. The cost is \$50 per person, which also includes gratuity. Only 6 spots remain. Email dana@pendulummeats.com to reserve your spot today.