



THE PENDULUM

Primal news...

V3 N5 NOVEMBER 3-7, 2015



What's in the Box Week of November 3-7

- Banh Mi Sausage with housemade pickled carrots and spicy mayo
- Ground Lamb
- Beef stew meat
- Pork Sirloin Chops with housemade bread crumbs

"Food is our common ground, a universal experience." -James Beard

Lamb Ragu

Ingredients

- * 2 Tbs. extra-virgin olive oil
- * 1 small white onion, diced
- * 2 carrots, diced
- * 2 stalks celery, diced
- * 4 or 5 cloves garlic, minced
- * 1 pound ground lamb
- * 1 tsp cinnamon
- * 1 tsp smoked paprika
- * 1 pinch crushed red pepper
- * 2 Tbs. tomato paste
- * 2 Tbs. fresh thyme & rosemary
- * 1 (28 oz) can whole peeled tomatoes, crushed by hand
- * 1 bay leaf
- * 1 Tbs. honey
- * 1 pound bucatini
- * coarse salt and fresh pepper
- * Parsley and Parmesan for garnish

Instructions

Heat the oil in a large sauté pan over medium-high heat. Add the onions and sweat for 2 minutes. Then add the carrots and celery; sauté until they start to soften, 4 minutes. Add the garlic and sauté another minute. Throw in a pinch of salt and pepper.

Add the lamb and cook until browned all over, maybe 5 minutes. Add the cinnamon, paprika, crushed red pepper, tomato paste and herbs. Toss until it's all combined, a good couple of minutes. Add the hand-crushed tomatoes to the pan, the honey and bay leaf. Throw the lid on and let it simmer on low for as long as you want. The longer the better. I let mine go for 2 hours! Add pasta to the pan and toss.



Recipes cont.

Slow Cooker Beef Curry

Ingredients

- 1 pound lean stew meat, cut into bite size pieces
- 2 teaspoons curry powder
- 1 small sweet onion, diced
- 2 cloves garlic, minced
- 2 teaspoons freshly grated ginger
- 1/2 teaspoon black pepper
- Kosher or sea salt to taste
- 1/2 cup freshly chopped cilantro
- 1 3/4 cups beef broth or stock, low-sodium
- 1 tbsp cornstarch or arrowroot + 1 tbsp water, optional



Directions:

Place stew meat in slow cooker, sprinkle with curry powder, add all other ingredients and stir to combine. Cover, cook on low 7 to 8 hours. Beef Curry is delicious served over a bed of brown rice, quinoa or couscous. 4- 6 quart slow cooker recommended. For a thicker curry, combine starch and water, add to slow cooker the last 15 minutes of cooking time.

Ingredients:

- 1 lb. pork sirloin cutlets
- 2 egg whites, lightly beaten
- 1/4 cup cornstarch
- 1 cup breadcrumbs
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/2 tsp. dried thyme
- 2 tbsp. canola oil, divided

Instructions:

Slice pork into 8 (2- to 3-ounce) cutlets. Place each cutlet between 2 pieces of plastic wrap or wax paper. Using a meat mallet, pound out to a 1/4-inch thickness. Season with black pepper to taste. Preheat oven to 400°F. Place egg whites in a shallow dish. Place cornstarch in a separate shallow dish. In a third shallow dish combine breadcrumbs, onion powder, garlic powder and thyme. Set aside. Dip each cutlet into egg whites, then in cornstarch, and return to egg whites, turning to coat. Place in breadcrumbs, turning to coat completely and pressing to adhere. In a large nonstick skillet heat half of the oil over medium-high heat. Add half of the cutlets to the skillet; cook 2 minutes per side. Transfer to baking sheet. Repeat with remaining oil and cutlets. Place baking sheet in oven. Bake 3 to 5 minutes or until crisp and cooked through (145°F). Serve warm.

Pork Cutlets



Banh Mi Sausage

Finally, my favorite item makes it into the CSA box! Our Banh Mi Sausage is our spin on the sandwich combining pork, carrot, daikon radish, garlic, cilantro, hoisin, sriracha, and more. Below are my two favorite QUICK meals using this sausage.

1. Take the sausage out of the casing and brown on the stovetop, breaking it up as you cook. Put the mixture in a piece of lettuce and you have the fastest and most delicious lettuce wrap. Top with pickled carrots and spicy mayo.
2. Sear the sausage in a pan and finish in the oven. Put sausage on a roll and top with pickled carrots and spicy mayo.