

THE PENDULUM

Primal news...

JUNE 1-4, 2016



"The only thing I like better than talking about food is eating."

-John Walters

What's in the Box?

- **1/2 Rack of Baby Back Ribs**
- **Pepper Jelly from "The Regular Chef"**
- **Ground Beef**
- **2 Beef Shanks**
- **Dealer's Choice Sausage**

Beef Shanks

Beef shanks from Pendulum are one of my absolute favorites, especially as the nights get a little chilly. In a cast iron skillet, heat lard, tallow, or vegetable oil on high heat. Salt and pepper the shanks. Sear on each side for 2-3 minutes. Transfer to your slow cooker. Add red wine, beef stock, onions, and garlic and cook on low for at least 8 hours. Serve with mashed potatoes, mashed cauliflower, or rice. You can easily thicken the liquid from your slow cooker for a delicious gravy. You guys are going to love these!



Recipes cont.

Regular Chef Pepper Jelly Glazed Ribs

These ribs can be cooked in an oven or a smoker.

Ingredients:

1 rack pork spare ribs
8 ounces sweet pepper jelly

For the rub:

2 tablespoons minced garlic
2 tablespoons minced ginger
2 tablespoons seasoned salt
1 tablespoon cumin
1 tablespoon onion powder
1 tablespoon paprika
1 tablespoon chili powder
1 tablespoon brown sugar
2 teaspoons black pepper
1 teaspoon cayenne pepper

Preheat the oven or smoker to 275 degrees. Combine all the ingredients for the rub and mix together. Pat the rub on the ribs so they are completely covered. If cooking the ribs in the oven place the ribs in a baking pan, cover them with aluminum foil, and roast for 3 ½ hours. For the smoker place ribs in the smoker uncovered and cook for 3 ½ hours. While the ribs are cooking heat the 8 ounces of pepper jelly in a pot until it is warm. Do not boil. After the first hour of cooking baste the ribs with a little bit of the pepper jelly. After that continue to baste the ribs every half hour until ribs are done cooking. Once the ribs are done cooking and the meat is fork tender allow them to rest. Once the ribs are cool feel free to give them one last basting of pepper jelly, then slice the ribs and enjoy!

Regular Chef Sweet Pepper Jelly

This sweet pepper jelly is the perfect condiment to add flavor to everything you can possibly imagine. Its made with red, yellow, and orange peppers. You can add it to burgers, chicken, fish, pork, steak, veggies, etc. Its a great dip for chips, crackers, and it livens up a party.



Savory Jam and Jelly Canning Class with The Regular Chef Tuesday, October 18th at 7:00pm

Join David Hannah at Pendulum Fine Meats to learn about jams, jellies, and canning techniques. This hands on class will allow participants to make their own tomato jam and pepper jelly to take home. Fee is \$30 for the course. Email dana@pendulummeats.com to reserve today. Spots are limited and will sell out fast.

Cottage Pie

3 tbsp. unsalted butter
2 tbsp. tomato paste
1 lb. ground beef
2 tsp. fresh thyme leaves
1 c. dark (porter) beer
2 tbsp. all-purpose flour
¾ c. frozen peas
1 large russet potato
1 large yellow onion
2 large carrots
Coarse salt
Ground pepper



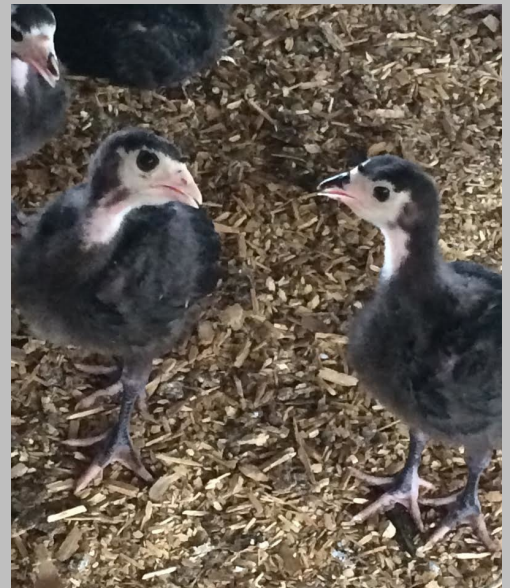
Preheat oven to 400 degrees F. In a large skillet, heat 1 tablespoon butter over medium-high. Add onion and carrots and cook, stirring often, until onion is soft, 5 minutes. Season with salt and pepper and stir in tomato paste. Add meat and cook, breaking up with a wooden spoon, until almost cooked through, 3 minutes. Add thyme and beer and bring to a boil. Cook, stirring frequently, until slightly reduced, 2 minutes. Sprinkle flour over mixture and stir to combine. Add 1 cup water and cook until mixture thickens, about 2 minutes. Stir in peas and season with salt and pepper. Transfer mixture to a 2-quart baking dish. Top with potatoes, overlapping slices. Season potatoes with salt and pepper and drizzle with 2 tablespoons butter. Bake until potatoes are browned around edges and tender when pierced with a knife, 40 to 45 minutes. Let cool 10 minutes before serving.

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 are also offering a heritage breed turkey this year. These special birds carry the heritage genetics of the traditional Spanish Black turkey, a slow-growing breed believed to be one of the first developed from Native American stocks.]These heritage birds will be in the 10-15 lb. range. The price per pound on the heritage breeds is \$9.99 per pound. There is only 1 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.