



THE PENDULUM

Primal news...

V3 N4 OCTOBER 21, 2015



PRIMAL MEAT CSA

THE WAY TO CSA

Oktoberfest originated when Crown Prince Ludwig, later to become King Ludwig I, was married to Princess Therese of Saxony-Hildburghausen on 12th October 1810. The citizens of Munich were invited to attend the festivities held on the fields in front of the city gates to celebrate the happy royal event.

WHAT'S IN THE BOX
WEEK OF
OCTOBER 21ST

THE OKTOBERFEST BOX!

- HOUSE BRATWURST
- 1 JAR OF SAUERKRAUT FROM FARMSTEAD FERMENTS
- BONELESS PORK CHOPS
- BOTTOM ROUND ROAST
- GERMAN CHOCOLATE CHEESECAKE SQUARES

German Schnitzel (Schweineschnitzel)



Ingredients

- 2 boneless pork chops
- Salt & Pepper
- 1/4 cup all purpose flour, combined with 1 tsp. salt
- 1 egg, lightly beaten
- 1/2 cup plain breadcrumbs

Instructions

1. Place the pork chops between two sheets of plastic wrap and pound them until just 1/4 inch thick with the flat side of a meat tenderizer. Lightly season both sides with salt and freshly ground black pepper.
2. Place the flour mixture, egg, and breadcrumbs in 3 separate shallow bowls. Dip the chops in the flour, the egg, and the breadcrumbs, coating both sides and all edges at each stage. Be careful not to press the breadcrumbs into the meat. Gently shake off the excess crumbs. Don't let the schnitzel sit in the coating or they will not be as crispy once fried - fry immediately.
3. Make sure the cooking oil is hot enough at this point (about 330 degrees F) as you don't want the Schnitzel to sit around in the coating before frying. Use enough oil so that the Schnitzels "swim" in it.
4. Fry the Schnitzel for about 2-3 minutes on both sides until a deep golden brown. Transfer briefly to a plate lined with paper towels.
5. Serve immediately with slices of fresh lemon and parsley sprigs or with your choice of sauce.

Recipes cont.

Sauerbraten

Ingredients:

1/2 cup water
1 tablespoons sugar
1/4 cup white vinegar
3/4 teaspoons salt
3 black peppercorns
3 whole cloves
2 bay leaves
1 lemon, sliced
1 (1-1.5 pound) bottom roast, trimmed
3/4 cup sliced onion
8 gingersnaps, crumbled
Chopped fresh parsley (optional)

Directions:

1. Place first 8 ingredients in a large heavy-duty zip-top plastic bag; seal bag. Turn bag to blend marinade. Place roast and onion in bag; seal bag, turning to coat. Marinate in refrigerator 24 hours, turning bag occasionally.
2. Remove roast from marinade, reserving marinade. Place roast in slow cooker. Strain reserved marinade through a sieve into a bowl, reserving 1 1/2 cups; discard remaining liquid and solids. Pour 1 1/2 cups strained marinade over roast. Cover and cook on LOW for 5 hours or until roast is tender.
3. Remove roast from slow cooker; cover and keep warm. Add gingersnap crumbs to liquid in slow cooker. Cover and cook on LOW for 8 minutes or until sauce thickens; stir with a whisk until smooth. Serve sauce with roast. Garnish with parsley, if desired.



One of our favorite artisan products we carry!



"We are a family of fermentation artists, gardeners, herbalists, local food advocates, woodfolk & community builders. We created these ferments for our families & friends long before Farmstead Ferments was born. It is our greatest joy to have manifested our small business as a way to make a living by feeding our community members the highest quality probiotic rich foods you can find."

Farmstead Ferments handmade in Charlottesville, Virginia



Pendulum German Chocolate Squares



Pendulum truly is a family business. When we were in the planning stages, my mother wanted to know how she could help add to the business. We wanted to use every part of the animal, so she began baking cookies with lard rendered from our hogs. The cookies were our first press we received in the Virginian Pilot. She started making cake slices and in this box, you get to try her German Chocolate Squares!