



BI-WEEKLY SHOP BULLETIN

THE PENDULUM

Primal news...

OCTOBER 5-8, 2016



PRIMAL MEAT CSA

THE WAY TO CSA

"IF AN ARCHITECT MAKES A MISTAKE, HE GROWS IVY TO COVER IT. IF A DOCTOR MAKES A MISTAKE, HE COVERS IT WITH SOIL. IF A COOK MAKES A MISTAKE, HE COVERS IT WITH SOME SAUCE AND SAY'S IT IS A NEW RECIPE."

PAUL BOCUSE

What's in the Box?

Week of October 5-8, 2016

- **Beef Stew Meat**
- **Vista Point Cabernet**
- **Apple, Curry, Ginger Sausage**
- **Sirloin Steaks**
- **Chicken Thighs**

Vista Point Cabernet Sauvignon

This week we have wine in the box. This California Cabernet is great for cooking. Many fall and winter recipes may call for red wine, as does the Red Wine Beef Ragu in this box. To store wine for cooking purposes, simply cork it and refrigerate.

As always, if you want to substitute ground beef for the wine, please email me at dana@pendulummeats.com and we will make the switch.



Red Wine Beef Ragu

Ingredients:

1 lb beef stew meat
1 14 oz. can crushed tomatoes
1/2 cup red wine
1 28 oz. can whole peeled tomatoes, drained
4 cloves garlic, finely chopped
2 medium carrots, cut into 1/2 inch pieces
1 large onion, chopped
2 sprigs fresh rosemary
12 oz pappardelle or other wide noodles
1/2 cup fresh parsley, chopped
1/4 cup grated Parmesan cheese
Kosher salt and pepper

Directions:

In a slow cooker, whisk together the crushed tomatoes, red wine, 1/4 tsp of salt and 1/2 tsp of pepper. Add the whole tomatoes, breaking them up with your hands. Stir in the garlic, carrots, onion, and rosemary. Add the stew meat and turn to coat. Cook covered, for 4 to 6 hours on high or 6 to 8 hours on low. Remove and discard the rosemary and skim any fat that has risen to the top. Using a fork, break up the meat into smaller pieces. Fold in parsley. Serve over pasta and top with Parmesan.



About our Sausage...

Over the last two years, Pendulum has made over 50 varieties of our housemade sausages. From baconwurst to cherry shallot, bahn mi to garlic thyme, everyone has their favorite. We start by using pork shoulder from hogs pasture raised in Virginia and North Carolina. Creating our own spice blends ensures our sausages have the freshest ingredients, which we believe makes our sausages stand apart from others. When grilling Pendulum sausages, it works best to boil them in water, stock, or beer for a few minutes before grilling. Another option is to sear them in a cast iron skillet and finish them in the oven. If you are interested in seeing how we make our sausage, as well as linking and stuffing your own, join us for our next sausage making class on October 11th at 7:00pm. The cost is \$50 and you leave with two difference types of sausage from the class. For more information, visit our website, www.pendulummeats.com, or email Dana to reserve your spot at dana@pendulummeats.com.

Our newest sausage is in your box this week. Say hello to our apple, curry, ginger sausage. We grind our pork with fresh apples and ginger, add curry and case it.



Steak With Mustard-Shallot Sauce

INGREDIENTS

1 pound sirloin steak
Kosher salt and black pepper
2 teaspoons olive oil
2 tablespoons Dijon mustard
2 tablespoons red wine vinegar
1 shallot, chopped
1 pound green beans

DIRECTIONS

Season the steak with $\frac{3}{4}$ teaspoon kosher salt and $\frac{1}{4}$ teaspoon pepper. Cook in the olive oil in a large skillet over medium-high heat, 3 to 5 minutes per side for medium-rare. Let rest 5 minutes, then slice against the grain. In a small bowl, whisk together the mustard, vinegar, and shallot. Meanwhile, steam the green beans until tender, 4 to 6 minutes. Top the steak with the mustard sauce and serve with the green beans.



SAUSAGE MAKING CLASS

OCTOBER 11, 2016 @ 7:00PM, \$50 FEE



In this class we will demonstrate just what goes into making the sausage which we sell! We will discuss the kind of meat and spices which are used as well as how we come up with the kinds of sausages we feature. There will be a hands-on demonstration of how to stuff and link sausage, which the participants will then be able to take home for themselves. Class is limited to 12 participants. We require a 24 hour cancellation notice based on the limited number of participants. Email dana@pendulummeats.com to register today.

Ingredients:

1 lb boneless and skinless chicken thighs

Marinade:

2 tablespoons oil

1 1/2 tablespoons Korean chili paste (gochujang)

1 teaspoon Korean red chili powder (gochugaru) or regular chili powder

1 tablespoon sesame oil

2 tablespoons soy sauce

1 1/2 tablespoons sugar

1-inch piece ginger, peeled and minced

3 cloves garlic, minced

Salt, to taste

Instructions:

Slice the chicken thighs horizontally to make thinner pieces of meat. Slice each piece of chicken thigh (depends on its thickness) into 2 or 3 horizontal pieces. Set aside. Combine all the ingredients in the Marinade in a bowl, whisk it to make sure the Korean chili paste (gochujang) is completely dissolved. Marinate the chicken for at least 30 minutes or best for two hours. Grill the chicken until slightly charred and completely cooked through. You may also pan-fried the chicken on a skillet or pan, or bake in the oven at 400F for about 20 minutes. Serve immediately with steamed rice.

