



# THE PENDULUM

*Primal news...*

V3 N3 OCTOBER 7, 2015



PRIMAL MEAT CSA

THE WAY TO CSA

*"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."*

*Ann Wigmore*

## WHAT'S IN THE BOX WEEK OF OCTOBER 7TH

1/2 Chicken

Pork Breakfast Sausage

Pork Carnitas

Pennacook Peppers Salsa  
(from Virginia Beach)

Ground Beef

Kimchi made by Kevin  
Ordonez of Alkaline  
(For the Korean Rice Bowl)

## Korean Beef Bowl



### Ingredients:

1/4 cup brown sugar, loosely packed  
1/4 cup soy sauce  
1 tbsp. sesame oil  
1/2 tsp. crushed red pepper flakes  
1/4 tsp. ground ginger  
1 tbsp. vegetable oil  
3 cloves of garlic, minced  
1 pound ground beef  
2 green onions, thinly sliced  
Rice

### Directions:

In a small bowl, whisk together brown sugar, soy sauce, sesame oil, red pepper flakes, and ginger. Heat vegetable oil in a large skillet over medium high heat. Add garlic and cook until fragrant, about 1 minute. Add ground beef and cook. Drain excess fat. Stir in soy sauce mixture and green onions until well combined, allowing to simmer until heated through. Serve immediately over rice



**Kevin from Alkaline has made a batch of his famous kimchi included in your box this week. If you haven't been to Alkaline yet, you are missing out. They pop-up at Pendulum every Friday-Monday. Follow Alkaline on Facebook at [www.facebook.com/AlkalineVA](http://www.facebook.com/AlkalineVA).**

## Recipes cont.

### Pork Carnitas

#### INGREDIENTS

- 1 lb pork
- 1/4 onion, coarsely chopped
- 1/4 jalapeno, seeded and ribs removed, chopped
- 1 tbsp kosher salt
- 1/4 tsp black pepper
- 1 clove garlic, minced
- 1/2 orange, juice only

#### RUB

- 1/4 tbsp dried oregano
- 1/2 tsp ground cumin
- 1/4 tbsp olive oil

#### INSTRUCTIONS

1. Rinse and dry the pork, rub in salt and pepper.
2. Combine the rub ingredients then rub all over the pork.
3. Place the pork in a slow cooker, top with the onion, jalapeño, minced garlic and squeeze over the juice of the orange.
4. Cook on low for 8 to 10 hours or on high for 6 hours.
5. Remove from the slow cooker and let cool slightly. Then shred the pork using two forks.
6. Skim off the fat from the juices remaining in the slow cooker and discard the fat. Then if you are left with a lot more than 1½ to 2 cups of juice, then reduce it (either in the slow cooker on the sauté setting with the lid off, or in a saucepan). Set aside.

#### To Serve

1. Heat 1 tbsp of oil in a large non stick pan over high heat. Place shredded pork into the pan and press down and cook until the bottom side is golden brown and crusty.
2. Pour over the juices and serve immediately.



### HOW TO ROAST A CHICKEN

ROASTING A CHICKEN IS SUCH AN EASY AND FAST MEAL, BUT WHO ROASTS A CHICKEN ANYMORE? THROW YOUR VEGETABLES IN THE OVEN AT THE SAME TIME AND YOUR ENTIRE MEAL IS DONE!

MAKE SURE TO RINSE YOUR BIRD THOROUGHLY AND PAT DRY. PLACE THE BIRD, BREAST SIDE UP, ON A RACK IN A SHALLOW ROASTING PAN. THE BEAUTY OF CHICKEN IS BEING CREATIVE. RUB WITH YOUR FAVORITE HERBS OR SPICES. I SIMPLY USE SALT AND PEPPER. ROAST IN THE UNCOVERED PAN. YOU CAN BASTE THE BIRD PERIODICALLY IF YOU WISH. CONTINUE ROASTING UNTIL AN INTERNAL TEMPERATURE OF 180 DEGREES. REMOVE FROM THE OVEN AND COVER WITH FOIL. ALLOW IT TO REST FOR 10 MINUTES BEFORE SERVING. BASED ON THE SIZE OF THE BIRD IN THIS WEEK'S BOX, YOUR BIRD SHOULD BE DONE IN ABOUT 45 MINUTES.

### Pennacook Peppers Salsa

*Enjoy with your carnitas!*



Pennacook Peppers officially started in 2011, at our home in Virginia Beach, VA, creating the now famous **Pennacook Purely Pepper Powder**. Over the years, I have enjoyed many hobbies from art, to gardening, to cooking. It was my husband, Kevin, and my love of gardening that led to the overabundance of peppers that would soon turn into not only our signature **Pennacook Purely Pepper Powder** but also our line of Porch Party salsas.