



BI-WEEKLY SHOP BULLETIN

# THE PENDULUM

*Primal news...*

SEPTEMBER 21-24, 2016



**PRIMAL MEAT CSA**

THE WAY TO CSA

*"Cooking is like painting or writing a song. Just as there are only so many notes or colors, there are only so many flavors - it's how you combine them that sets you apart."*

*Wolfgang Puck*

## What's in the Box?

Week of September 21-24, 2016

• **Boneless Pork Chops**

• **Ground Beef**

• **Boneless Skinless Chicken Breast**

• **Quiche Kit**

**1 Dozen Local Eggs**

**1 lb breakfast Sausage**

**House Smoked Cheddar**

**Housemade Lard**

## Pan-Roasted Chicken With Cilantro-Lime Salsa Verde

### Ingredients

2 cups (packed) fresh cilantro leaves  
plus more for garnish

1/2 cup (packed) flat-leaf parsley  
leaves

6 tablespoons olive oil, divided

2 tablespoons (or more) fresh lime  
juice

1 garlic clove, minced

1/2 teaspoon finely grated lime zest

Kosher salt and freshly ground black  
pepper

2 skinless, boneless chicken  
breasts

Steamed brown rice, optional



### Directions

Preheat oven to 400°. Pulse cilantro and parsley in a food processor until finely chopped (you should have about 2 cups). Alternatively, finely chop with a knife. Transfer herbs to a medium bowl; whisk in 4 Tbsp. oil, 2 Tbsp. lime juice, garlic, and lime zest. Season with salt, pepper, and more lime juice, if desired. Season chicken breasts with salt and pepper on both sides. Heat remaining 2 Tbsp. oil in a large nonstick ovenproof skillet over medium-high heat. Cook chicken breasts until golden brown, about 3 minutes per side. Transfer to oven and roast until chicken is cooked through, 8-10 minutes. Thinly slice chicken breasts. Divide among plates and drizzle salsa verde over. Serve with rice, if desired.

## Cinnamon Apple Pork Chops

*This recipe is perfect for fall, now if the weather would cooperate!*

### Ingredients:

2 tablespoons butter, divided  
1 lb boneless pork chops  
3 tablespoons brown sugar  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1/4 teaspoon salt  
4 medium tart apples, thinly sliced  
2 tablespoons chopped pecans



### Directions:

In a large skillet, heat 1 tablespoon butter over medium heat. Add pork chops; cook 4-5 minutes on each side or until a thermometer reads 145°. Meanwhile, in a small bowl, mix brown sugar, cinnamon, nutmeg and salt. Remove chops; keep warm. Add apples, pecans, brown sugar mixture and remaining butter to pan; cook and stir until apples are tender. Serve with chops.

## Frito Pie in a Jar

### Ingredients:

1 tbsp. canola oil  
1 onion, diced  
2 bell peppers, seeded and diced  
3 cloves garlic, minced  
1 1/2 lb. lean ground beef  
1 28-oz. can whole tomatoes  
2 tbsp. tomato paste  
1 tbsp. ground cumin  
1 tsp. dried oregano  
1 tsp. kosher salt  
Freshly ground black pepper  
1 15-oz. can kidney beans, rinsed  
1 10-oz. bag Fritos  
1/2 c. sour cream  
1 jalapeño, thinly sliced

### Directions:

In a large saucepan, heat oil over medium-low heat. Add onion, bell pepper, and garlic and cook, stirring, until vegetables begin to soften, about 10 minutes. Increase heat to medium and add ground beef. Cook, stirring, until meat is no longer pink, 5 to 7 minutes. Stir in tomatoes, tomato paste, cumin, oregano, and salt and season with black pepper. Bring to a simmer, then reduce heat and simmer, partially covered, 10 minutes. Add beans and simmer, partially covered, until vegetables are tender and chili thickened, about 5 minutes longer. Let cool. Among six mason jars, layer a handful of Fritos and chili. Top with a big spoonful of sour cream and a couple slices of jalapeño.



**Perfect for  
football season  
and tailgating!**





## Breakfast for Dinner!

No time to make quiche? Make delicious sausage, egg, and smoked cheddar sandwiches for dinner.

### How to Make Quiche

Pie Crust (please see recipe below)

1/2 to 1 cup shredded cheese  
(our smoked cheddar)

1/2 to 1 cup filling  
(cooked breakfast sausage)

6 eggs

1 cup milk

1/2 tsp. salt

Heat oven to 375 degrees. Spread cheese evenly in the bottom of the pie crust. Top with filling in an even layer. Beat eggs milk, and salt until blended. Pour over filling. Bake for 30-40 minutes, until center is almost set, but still jiggles slightly when gently shaken and a knife

### How to Make Pie Crust Using Lard

Ingredients:

1.5 cups all purpose flour

Pinch salt

1/2 cup lard

3-4 tbsp. cold water.

Directions:

In a bowl, combine flour and salt. Cut in lard until mixture resembles coarse crumbs. Sprinkle in water, 1 tbsp. at a time, until pastry holds together.

Shape into a ball and chill for 30 minutes. On a lightly floured surface, roll dough to 1/8-in. thickness. Transfer to a 10-in. pie plate. Flute edges; fill and bake as pie recipe directs.