



# THE PENDULUM

*Primal news...*

V3 N1 SEPTEMBER 24, 2015



**PRIMAL MEAT CSA**

THE WAY TO CSA

Primal Meat CSA provides meats from local farmers, personally chosen recipes, local and artisan products, as well as selected ingredients. Each box is handcrafted for those who enjoy experimenting in the kitchen and supporting local business and farms.

## WHAT'S IN THE BOX FOR WEEK OF SEPTEMBER 24TH

### "The Pendulum Date Night"

- Two 1/2 pound ribeyes
- 1 bottle of Agua de Piedra Malbec
- House smoked onions
- Housemade beef tallow

Two boneless skinless chicken breasts

1 pound of housemade sausage

## How to sear the perfect steak

1. Preheat cast iron skillet over high heat until lightly smoking. Preheat oven to 400 degrees.
2. Pat meat dry with paper towels.
3. Season with salt.
4. Swirl our housemade beef tallow in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black.
5. Put skillet in the oven for 3 minutes.
6. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minute. Serve with our housemade smoked onions.

# Recipes

## Roasted red pepper, mozzarella, and basil stuffed chicken

### Ingredients:

2 boneless skinless chicken breasts  
4 ounces fresh mozzarella, sliced into 8 slices  
1 6 oz jar of roasted red peppers sliced into 1 inch pieces  
(about 1 whole red peppers if you roast your own)  
1/2 bunch of basil, whole leaves  
1/8 cup fresh grated parmesan  
1/2 tablespoon Italian seasoning  
Salt and pepper for seasoning



### Directions:

Preheat oven to 400 degrees. Grease a 9x12 casserole dish. Butterfly chicken breasts by slicing into the long side of the breast, stopping just about 1/4 of an inch from the opposite side. Lay chicken breast in casserole dish opened up. Sprinkle the exposed insides of the chicken breast with 1/2 of the Italian seasoning and salt and pepper. Stack the roasted red pepper, basil, and 1 slice of the mozzarella on the bottom side of the chicken. Fold the top flap of the chicken over, tucking in the mozzarella, basil and roasted red pepper as necessary. Sprinkle with the remaining Italian seasoning. Bake chicken for 30-40 minutes (until chicken is no longer pink). Pull chicken out of oven and turn the oven to a high broil. Top chicken with remaining mozzarella slices and sprinkle with Parmesan cheese. Broil until cheese is browned and bubbly, about 5 minutes.

Don't forget! Pendulum makes homemade mozzarella on Saturdays.

## White Beans with Spinach and Sausage

### Ingredients

3/4 pound sausage  
2 cups chicken stock  
2 cloves of garlic  
1 teaspoon dried oregano  
1 tablespoon olive oil  
2 cups Cannellini beans (you can use canned if needed make sure you rinse them as well)\*  
1 can diced tomatoes drained  
6 cups baby spinach leaves  
Freshly cracked pepper to taste



### Directions:

Cook the sausage. Pour chicken broth and garlic into a large pot. Place on medium high heat and bring to a simmer. Add in the oil and oregano then beans. Stir it up before adding in tomatoes. Heat through till the beans are tender. It takes about an hour or more depending on heat variation. If using canned it won't take long at all. Once beans are tender add in the spinach and cook just until the leaves are wilted. Stir it in and sprinkle cracked pepper on top.

## AGUA DE PIEDRA MALBEC 2014



THE NAME OF THIS VINEYARD IS 'AGUA DE PIEDRA' BECAUSE THE SOILS ARE SO STONY (PIEDRA MEANS STONE) THAT THE GROWER WONDERS HOW THE VINES FIND THE WATER (AGUA). THIS STRUGGLE GIVES THE WINE ITS INTENSE CONCENTRATION. LOOK FOR TONS OF FLAVOR WITH DARK PLUM, BLACK CHERRY, BLACK LICORICE AND SPICY OAK.

Don't forget to share your pictures to Facebook, Twitter, Instagram, or email to [dana@pendulummeats.com](mailto:dana@pendulummeats.com)

Jennifer S. shared with us her creation made with the beef stew meat:

*"Made an awesome fall butternut squash chili with the stew meat in this weeks primal share. I loosely followed the recipe that you shared with us. I added 1 tsp of cinnamon, 1/2 butternut squash, 1 fresh tomato, fresh organic Kale, and about 1.5 cups of corn, and substituted pumpkin beer for the Mexican beer."*

