



# THE PENDULUM

*Primal news...*

V3 N1 SEPTEMBER 8, 2015



INTRODUCING PRIMAL MEAT CSA  
A NEW 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.

PH: 757.962.6990

SHOP HOURS: WE-SA 10 - 6  
SU NOON - 5

**WHAT'S IN THE BOX  
SEPTEMBER 8**

Italian sausage  
with housemade ricotta cheese

Chicken leg quarters  
with housemade spice mix and local  
barbeque sauce

Grain Finished Beef stew  
meat

Grass Finished Ground  
beef

Bone In Pork chops

## Recipes



**Sausage Stuffed Shells with  
Spinach**

Prep time: 15 minutes  
Cook time: 35 minutes  
Total time: 50 minutes  
Yield: 4

- 16-18 jumbo pasta shells
- 1lb **fresh italian sausage links**, casing removed
- 1 tablespoon minced garlic

- 1 (14-ounce) can diced tomatoes
- 1 cup frozen spinach, thawed and squeeze dry
- 1/2 cup **ricotta cheese**
- 1/2 cup shredded mozzarella cheese
- salt and freshly ground pepper

### Directions

1. Preheat oven to 350 degrees F and fill a large bowl with cold water and ice, set aside. Bring a large pot of salted water to a boil. Add pasta shells and cook according to package directions. Drain well then add to ice water until ready to stuff.
2. Heat a large skillet over medium-high heat. Add pork sausage then use a wooden spoon to break up the sausage, cook 5-6 minutes until browned.
3. Add garlic and cook 30 seconds then add tomatoes and spinach (make sure the thawed frozen spinach has been squeezed dry); cook 1 minute. Remove pan from heat and stir in ricotta cheese.
4. Using a spoon, fill pasta shells with pork filling and arrange in a baking dish (9-inch x 9-inch baking dish works well). Sprinkle tops with shredded cheese then bake in the oven 25-30 minutes until cheese has melted and tips of shells begin to crisp and brown.



## Recipes cont.

### Southwestern Steak Chili

Make this on Sunday and have lunch for the rest of the week!

- 1 tablespoon olive oil
- 2 lbs **beef stew meat** in 1 to 1 ½ chunks
- 1 large onion, chopped
- 1 tablespoon chili powder
- 1 teaspoon ground chipotle chile powder
- 1 teaspoon ground cumin
- 1 tablespoon minced garlic
- 1 (12-ounce) bottle or can Mexican beer
- 1 (28-ounce) can diced fire-roasted tomatoes, undrained
- 1 (15-ounce) can chile or pinto beans, rinsed and drained
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (7-ounce) can salsa verde



#### Directions

1. Heat olive oil in large Dutch oven over medium-high heat. Add cubed stew beef and cook 5 minutes or until browned, stirring gently. Remove from pan.
2. Add chopped onion to pan and sauté 3 – 4 minutes or until sausage until softened. Add garlic, chile power and cumin to pot and saute for an additional 1 minute, stirring constantly. .
3. Add beer, scraping pan to loosen browned bits. Return beef to pan. Stir tomatoes, beans and salsa verde; bring to boil.
4. Cover Dutch oven, reduce heat and simmer approximately 90 minutes or until beef begins to fall apart with fork.
5. Serve with favorite chile topping such as sour cream, shredded cheese, chopped cilantro and crumbled tortilla chips.

Serves 6 – 8.

### Slow-Cooker BBQ Chicken Leg Quarters

6 **chicken leg quarters**  
barbeque dry rub  
barbeque sauce  
aluminum foil



#### Directions

1. Place aluminum foil balls in the bottom of the slow cooker.
2. Rub the chicken with a barbeque seasoning of your choice.
3. Place chicken on top of foil in the slow cooker. Cook on low 6-8 hours or high 3-4 hours.
4. Remove chicken from slow-cooker and place on a rack above a foil lined baking pan. Brush both sides with the barbeque sauce of your choice.
5. Place under the broiler and cook until the skin starts to crisp and the sauce starts to char slightly (just a few minutes). Remove and serve.

### BARBEQUE SAUCE FROM VIRGINIA BEACH

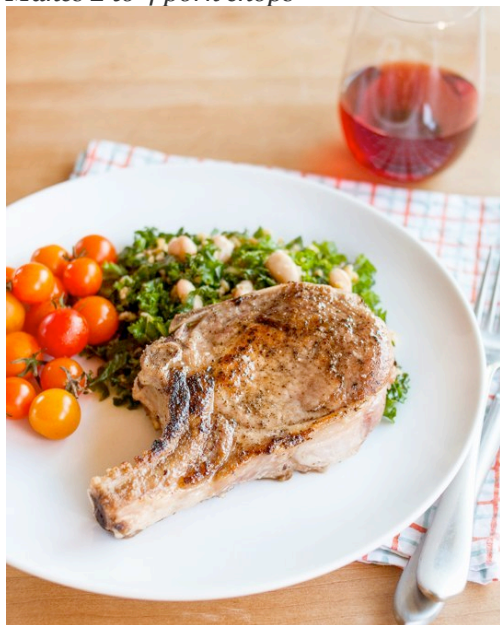


The Sassy BBQ sauce in your CSA box this week was born and bred in Virginia Beach! It is the proud offering of Willard Ashburn, III., a “Virginia Beach native, and true southern gentleman.” The name originated from a conversation with a friend who tasted the sauce and described it as “sassy.” Please enjoy with our compliments! Click [here](#) for more information about other products and offerings from the Ashburn Sauce Company.

## Recipes cont.

### How to Cook Tender & Juicy Pork Chops in the Oven

Makes 2 to 4 pork chops



*For the brine (optional):*

3 cups cold water, divided

3 tablespoons coarse kosher salt (or 2 1/2 tablespoons table salt)

Optional flavorings: 2 smashed garlic cloves, 1/2 teaspoon black peppercorns, 1 bay leaf

*For the pork chops:*

2 to 4 **pork chops** — center cut, bone-on, 3/4-inch to 1-inch thick

Olive oil

Salt

Pepper

#### **Equipment**

Shallow dish (for brining)

Large cast iron, stainless steel, or other oven-safe skillet

Tongs

#### **Directions**

- 1. Brine the pork chops (optional):** If you have time, brining the pork for even a brief period adds flavor and ensures juiciness in the finished chop. Bring 1 cup of the water to a boil, add the salt and optional flavorings, and stir to dissolve the salt. Add 2 more cups of cold water to bring the temperature of the brine down to room temperature. Place the pork chops in a shallow dish and pour the brine over top. The brine should cover the chops — if not, add additional water and salt (1 cup water to 1 tablespoon salt) until the chops are submerged. Cover the dish and refrigerate for 30 minutes or up to 4 hours.
- 2. Heat the oven and skillet:** Position a rack in the middle of the oven and preheat to 400°F. Place the skillet in the oven to preheat as well.
- 3. Season the pork chops:** While the oven heats, prepare the pork chops. Remove the chops from the brine; if you didn't brine, remove the chops from their packaging. Pat dry with paper towels. Rub both sides with olive oil, then sprinkle with salt and pepper. Set the chops aside to warm while the oven finishes heating.
- 4. Remove the skillet from the oven:** Using oven mitts, carefully remove the hot skillet from the oven and set it over medium-high heat on the stovetop. Turn on a vent fan or open a window.
- 5. Sear the pork chops:** Lay the pork chops in the hot skillet. You should hear them immediately begin to sizzle. Sear until the undersides of the chops are seared golden, 3 minutes. The chops may start to smoke a little — that's ok. Turn down the heat if it becomes excessive.
- 6. Flip the chops and transfer to the oven:** Use tongs to flip the pork chops to the other side. Immediately transfer the skillet to the oven using oven mitts.
- 7. Roast the chops until cooked through:** Roast until the pork chops are cooked through and register 140°F to 145°F in the thickest part of the meat with an instant-read thermometer. Cooking time will be 6 to 10 minutes depending on the thickness of the chops, how cool they were at the start of cooking, and whether they were brined. Start checking the chops at 6 minutes and continue checking every minute or two until the chops are cooked through.

### **DON'T MISS OUT! UPCOMING CLASSES**

#### **Sausage Making Class**

**Sept 24, 2015 from 7 - 8:30 pm (\$50)**

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.

#### **Basic Knife Skills and Chicken Breakdown Class**

**Oct 1, 2015 from 7 - 8:30 pm (\$50)**

This class will cover knife parts, sharpening, honing, and basic knife skills through cutting vegetables. Participants will have the hands on experience of how to break down a whole chicken and will take their bird home. Please bring a chef's knife and a 6" boning knife. If you need to use our knives, please mention that when registering. Class is limited to 10 participants.

**24 hour cancellation notice required based on the limited number of participants.**

Email [dana@pendulummeats.com](mailto:dana@pendulummeats.com) to register today