



BI-WEEKLY SHOP BULLETIN

THE PENDULUM

Primal news...

APRIL 19-22, 2017



PRIMAL MEAT CSA

THE WAY TO CSA

"If more of us valued food and cheer above hoarded gold, it would be a much merrier world." J.R.R. Tolkien

What's in the Box?

Week of April 19-22, 2017

- **1 lb. boneless NY Strip**
- **Organic Steak & Chop Spice Rub**
- **Ground Beef**
- **4 Smoked Carolina BBQ Sausages**
- **Pint of Pendulum Cilantro Spiked Cole Slaw**

NY Strip Steak

Preheat cast iron skillet over high heat until lightly smoking. Preheat oven to 400 degrees. Pat meat dry with paper towels. Season with steak and chop spice rub. Swirl beef tallow or canola oil in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black. Put skillet in the oven for 3 minutes. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minute.



We love the NY strip because it is one of the three top shelf steaks from the cow. What makes it so good is its great marbling, a rich and tasty fat cap, and its savory beef flavor, all while remaining very tender. Another great thing about the NY strip is that it is the opposite side of the tenderloin in a porterhouse. It is also known as a Kansas City strip, shell steak, or club steak.

Picadillo

INGREDIENTS

3 tablespoons extra-virgin olive oil
1 teaspoon cumin seeds
1 small sweet onion, chopped
1 medium red bell pepper, chopped
4 garlic cloves, minced
1 pound ground beef chuck
1/2 cup sliced pitted green olives
1/3 cup raisins
1 tablespoon dried oregano, crumbled
1/4 cup Worcestershire sauce
One 15-ounce can tomato sauce
1 cup beef stock
Salt
Freshly ground pepper
Steamed rice, for serving



INSTRUCTIONS

In a large, deep skillet, heat the olive oil until shimmering. Add the cumin seeds and cook over moderate heat until fragrant, about 30 seconds. Add the onion, bell pepper and garlic and cook, stirring occasionally, until softened, about 5 minutes. Add the ground beef, olives, raisins and oregano and cook, breaking up the meat with a wooden spoon until no longer pink, about 8 minutes. Add the Worcestershire sauce, tomato sauce and stock and season with salt and pepper. Cover and simmer over low heat for 20 minutes. Serve with steamed rice.



Planning on making the Picadillo recipe above? We have cumin seeds, oregano, and housemade beef stock. Simply email dana@pendulummeats.com to add any of these items to your order. We can invoice you online for these items if you pick up at a Virginia Beach pickup location.

Smoked Carolina BBQ Sausages with Cilantro Spiked Cole Slaw

Our Carolina BBQ Sausages are a pork sausage with spices, mustard powder, vinegar, and red pepper flakes smoked to perfection. Pendulum's cilantro spiked cole slaw is made with mayonnaise, vinegar, sugar, cilantro, salt and pepper.

Instructions:

Since the sausages are fully smoked, heat until hot throughout. Serve on a roll topped with the cole slaw. Add some Speedy's hot sauce if you dare.



FYI

**BASIC KNIFE SKILLS AND CHICKEN BREAKDOWN CLASS
TUESDAY, APRIL 18, 2017 @ 7:00PM
NEXT CLASS – TUESDAY, APRIL 18, 2017 @ 7:00PM
\$50 FEE (\$40 FOR CSA MEMBERS)**

Buying a whole chicken not only makes more sense financially, but it also allows a more delicious way to buy chicken and the opportunity to make the most of the whole bird. We will discuss the parts of the chicken, as well as the farm and diet of our birds. 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. We require a 24 hour cancellation notice based on the limited number of participants. Email dana@pendulummeats.com to register today.