



THE PENDULUM

Primal news...

FEBRUARY 8-11, 2017



"Cooking is like love. It should be entered into with abandon or not at all." -Harriet van Horne

What's in the Box? February 8-11, 2017

(2) 6 oz. Filets

Compound Butter

Vina Temprana Old Vines
Tempranillo

Chicken Thighs

1 lb. Ground Beef

How to Sear the Perfect Steak

Preheat cast iron skillet over high heat until lightly smoking. Preheat oven to 400 degrees. Pat meat dry with paper towels. Season with salt. Swirl our housemade 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. Top with compound butter. Put meat on a warm plate and allow it to rest under tented foil for about 10 minutes.

Greek Ziti

Ingredients:

12 ounces ziti pasta
1 small yellow onion, chopped
1 tablespoon olive oil
2 garlic cloves, minced
1 pound lean ground beef!
2 (15-oz.) cans tomato sauce
1 tablespoon fresh lemon juice
1 1/2 teaspoons dried oregano
1 teaspoon sugar
1/2 teaspoon ground cinnamon
1 1/2 teaspoons kosher salt, divided
3 tablespoons butter
3 tablespoons all-purpose flour
3 cups milk
1 cup grated Parmesan cheese
1/2 teaspoon freshly ground black pepper
Vegetable cooking spray
8 oz. shredded mozzarella cheese
1/3 cup fine, dry breadcrumbs



Instructions:

Preheat oven to 350°. Cook pasta in a Dutch oven according to package directions. Meanwhile, sauté onion in hot oil in large skillet over medium-high heat 4 to 5 minutes or until tender. Add garlic; sauté 30 seconds. Add beef; cook, stirring occasionally, 5 minutes or until crumbled and no longer pink. Drain mixture, and return to skillet. Stir tomato sauce, next 4 ingredients, and 1 tsp. salt into meat mixture. Bring to a simmer over medium-high heat, and cook, stirring occasionally, 2 minutes. Remove from heat. Melt butter in a large saucepan over low heat. Whisk in flour and cook, whisking constantly, 2 minutes. Gradually whisk in milk. Increase heat to medium and cook, whisking constantly, 5 to 7 minutes or until thickened and bubbly. Stir in Parmesan cheese, pepper, and remaining 1/2 tsp. salt. Add sauce to pasta, stirring to coat. Transfer pasta mixture to a lightly greased (with cooking spray) 13 x 9 inch baking dish. Top with beef mixture, mozzarella cheese, and breadcrumbs. Bake at 350° for 20 to 25 minutes or until mixture is bubbly and cheese is melted.

Pan-Roasted Chicken with Harissa Chickpeas

Ingredients

1 tablespoon olive oil
Chicken Thighs
Kosher salt and freshly ground black pepper
1/2 small onion, finely chopped
1 clove garlic, finely chopped
1 tablespoons tomato paste
1 15-oz. cans chickpeas, rinsed
1/4 cup harissa paste
1/2 cup low-sodium chicken broth
1/4 cup chopped fresh flat-leaf parsley
Lemon wedges, for serving



Instructions

Preheat oven to 425°. Heat oil in a large ovenproof skillet over medium-high heat. Season chicken with salt and pepper. Working in 2 batches, cook until browned, about 5 minutes per side; transfer to a plate. Pour off all but 1 Tbsp. drippings from pan. Add onion and garlic; cook, stirring often, until softened, about 3 minutes. Add tomato paste and cook, stirring, until beginning to darken, about 1 minute. Add chickpeas, harissa, and broth; bring to a simmer. Nestle chicken, skin side up, in chickpeas; transfer skillet to oven. Roast until chicken is cooked through, 20-25 minutes. Top with parsley and serve with lemon wedges for squeezing over.

VIÑA TEMPRANA OLD VINES TEMPRANILLO

Harvested the second week of September, it is ruby red in color with violet tones; clean and bright. Fruity and fresh aroma in nose, blend of red and black fruit. Smooth and wide.

As always, if you don't drink or wouldn't use this for cooking, you may substitute a package of ground beef for the wine. Please email dana@pendulummeats.com to make the switch.

